

## SWIM COACHING BRAIN:

### SWIM PROGRAMS FOR EVERY SWIMMER: NUMBER 1 / LEVEL 1

**These swimming workouts are designed for swimmers of all ages and levels of ability. Work through the three questions below to find the right workout for you.**

#### What level of swimmer are you?

**Level 1:** (Beginner): Level 1 swimmers are beginners, i.e. people who have limited swimming experience and want to start swimming a little more for fun, health and fitness.

**Level 2:** (Intermediate): Level 2 swimmers have done a little swimming, e.g. swam at school or have done the occasional swimming session for some extra fitness in summer.

**Level 3:** (Advanced): The Level 3 swimmer is an advanced swimmer. Someone who swims regularly (once a week or more) and who is looking for some challenging training workouts.

#### For how long are you looking to train?

**Quick Program (15 minutes):** Quick Programs are those to do when time is short and the aim is to get a complete swimming workout efficiently and effectively.

**Quality Program (30 minutes):** Quality Programs offer a little more for when you have the time to focus on specific areas like arm stroke and kicking practice.

**Quantity Program (45 minutes):** Quantity Programs are a full swimming workout for those who want to challenge themselves and have the time to work on all aspects of their technique and swimming training. There's even a little sprinting, diving and turning practices in the Quantity Program for those swimmers who feel the need - for Speed!

#### How hard do you want to train?

Intensity Level:	Description:	Should feel like:	Perceived Exertion Rating:	Great for:
1	Easy	Relaxed, easy.	2-5 out of 10.	Level 1 Swimmers, Early season training, Re-hab and Recovery.
2	Moderate	Comfortable.	6-7 out of 10.	Level 2 swimmers, General fitness, Open Water Swimmers, Triathletes and Swimming Endurance.
3	Hard	Challenging - but getting more difficult as the session progresses.	8-10 out of 10.	Level 3 swimmers, Swimmers preparing for racing, Open Water Swimmers, Triathletes and Swimmers looking to challenge themselves.
4	Short Sprint	Fast - but not hard.	3-5 out of 10.	Improving top speed.

Type of Swimming Training Program	Warm Up	Kicking	General Swimming Fitness	Challenge Set	Swim Down
<b>QUICK</b> - 15 minutes  WORKOUT DISTANCE:  <b>400</b> metres.	4 x 25 metres with 30 seconds rest after each 25. Intensity level 1.	2 x 25 metres with 45 seconds rest after each 25. Intensity level 2.	4 x 50 metres with 30 seconds rest after each 50. Intensity level 2.	No time! Quick workout today. Lots of other stuff to do.	Relaxed, easy 50 metres. Rest when you need to. Get out. Go home. All done! Nice work.
<b>QUALITY</b> - 30 minutes  WORKOUT DISTANCE:  <b>1100</b> metres.	4 x 25 metres with 15 seconds rest after each 25. Intensity level 1.	4 x 25 metres with 30 seconds rest after each 25. Intensity level 2.	6 x 50 metres with 20 seconds rest after each 50. Intensity level 2.	4 x 100 metres with 30 seconds rest after each 100. Intensity level 2 on the first three 100s and Intensity level 3 on the last one.	Relaxed, easy 200 metres. Rest when you need to. Think about your breathing: nice and deep and slow. Get out. Go home. All done! Nice work.
<b>QUANTITY</b> - 45 minutes  WORKOUT DISTANCE:  <b>1600</b> metres.	8 x 25 metres with 10 seconds rest after each 25. Intensity level 1.	8 x 25 metres with 15 seconds rest after each 25. Intensity level 2.	8 x 50 metres with 15 seconds rest after each 50. Intensity level 2.	5 x 100 metres with 30 seconds rest after each 100. Intensity level 2 on the first three 100s. Have a two minute rest. Then Intensity level 3 on the final two 100s.	Relaxed, easy 300 metres. Rest when you need to. Think about your breathing: nice and deep and slow. Get out. Go home. All done! Nice work.

### LEVEL 1 WORKOUTS

#### This week's swimming workout tip: BREATHING

Breathing is one of the most important swimming skills. **Never hold your breath when you are swimming.** When your face is in the water, breathe out strongly and steadily through your nose and mouth so you can always feel a stream of bubbles.

When you turn your head to breathe, leave one goggle, one ear and the corner of your mouth under the water, i.e. keep your head movements as small as possible.

Breathing when you swim should be deep, relaxed and as natural as possible.