

SWIM COACHING BRAIN:

SWIM PROGRAMS FOR EVERY SWIMMER: NUMBER 1 / LEVEL 2

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
QUICK - 15 minutes WORKOUT DISTANCE: 700 metres.	2 x 50 metres with 30 seconds rest after each 50. Intensity level 1.	4 x 25 metres with 45 seconds rest after each 25. Intensity level 2.	6 x 50 metres with 30 seconds rest after each 50. Intensity level 2.	100 metres time trial. Focus on your breathing and kicking. Stay relaxed – particularly in the final 20 metres. Remember you can't swim faster by swimming "harder": speed comes from a combination of relaxation and fast movements.	Relaxed, easy 100 metres Intensity Level 1. Rest when you need to. Stretch for 5 minutes before you leave.
QUALITY - 30 minutes WORKOUT DISTANCE: 1400 metres.	2 x 50 metres with 15 seconds rest after each 50. Intensity level 1.	6 x 25 metres with 30 seconds rest after each 25. Intensity level 2.	6 x 75 metres with 20 seconds rest after each 75. Intensity level 2.	"Pyramid" 50 metres Intensity Level 1 100 metres Intensity Level 2 200 metres Intensity Level 1 100 metres Intensity Level 2 50 metres Intensity Level 1 Rest 30 seconds between each swim	Relaxed, easy 200 metres Intensity Level 1. Rest when you need to. Think about your breathing: nice and deep and slow. Stretch for 5 minutes before you leave.
QUANTITY - 45 minutes WORKOUT DISTANCE: 2000 metres.	4 x 50 metres with 10 seconds rest after each 50. Intensity level 1.	4 x 50 metres with 15 seconds rest after each 50. Intensity level 2.	8 x 50 metres with 15 seconds rest after each 50. Intensity level 2.	"Pyramid" 100 metres Intensity Level 1 200 metres Intensity Level 2 300 metres Intensity Level 1 200 metres Intensity Level 2 100 metres Intensity Level 1 Rest 30 seconds between each swim	Relaxed, easy 300 metres. Rest when you need to. If your arms are tired, make the final 100 kicking Intensity Level 1. Stretch for 5 minutes before you leave.

LEVEL 2 WORKOUTS

This week's swimming workout tip: KICKING

Kicking in swimming is like walking. It starts from your hips and the movement flows along your legs from your hips, to your thighs, your knees, your shins and your feet. A great way to improve kicking is to do **some stretching before swimming training**, with particular emphasis on stretching your hips, thighs and ankles so that the power flows smoothly down along your legs.

Bend your knees only slightly and importantly, **don't try and "muscle" kicking**: i.e. don't kick "harder" and make a big splash. Try not to kick any wider than your shoulder width or any deeper than the depth of your hips: **we want little kicks, fast kicks and flowing, easy, relaxed movements.**