

## SWIM COACHING BRAIN:

### SWIM PROGRAMS FOR EVERY SWIMMER: NUMBER 1 / LEVEL 3

**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: 800 metres.	100 metres swim. Intensity level 1. Rest for 30 seconds. 4 x 25 metres at Intensity level 2. Rest 10 seconds after each 25.	50 metres timed kick. Kick as fast as you can for 50 metres. Have someone time you. Goal: Under 1 minute 15 seconds. Swim a relaxed, slow 50 metres at Intensity level 1.	8 x 50 metres with 15 seconds rest after each 50. Intensity level 2.	No time! Quick workout today. Lots of other stuff to do.	Relaxed, easy 100 metres. Rest when you need to. Make sure you drink plenty of water to re-hydrate.
<b>QUALITY</b> - 30 minutes  WORKOUT DISTANCE: 1600 metres.	200 metres swim. Intensity level 1. Rest for 30 seconds. 4 x 25 metres at Intensity level 4. Rest 30 seconds after each 25.	100 metres timed kick. Kick as fast as you can for 100 metres. Have someone time you. Goal: Under 2 minutes 30 seconds. Swim a relaxed 100 metres at Intensity level 1.	400 metres swim at Intensity level 2. "Explode" the final 15 metres of the 400 at Intensity level 4 (i.e. sprint finish).	8 x 25 metres at Intensity level 4. Rest 15 seconds after each 25.  4 x 50 metres at Intensity level 3.	Relaxed, easy 300 metres. Rest when you need to. Try snacking on a piece of fruit as soon as possible after you get out of the water.
<b>QUANTITY</b> - 45 minutes  WORKOUT DISTANCE: 2300 metres.	300 metres swim. Intensity level 1. Rest for 30 seconds. 8 x 25 metres at Intensity level 4. Rest 30 seconds after each 25.	200 metres timed kick. Kick as fast as you can for 200 metres. Have someone time you. Goal: Under 4 minutes. Swim a slow, relaxed 200 metres at Intensity level 1.	600 metres swim at Intensity level 2. "Explode" the final 15 metres of the 600 at Intensity level 4 (i.e. sprint finish).	12 x 25 metres at Intensity level 4. Rest 15 seconds after each 25.  4 x 50 metres at Intensity level 3.	Relaxed, easy 300 metres. Rest when you need to. Get plenty of rest: hard working muscles need lots of sleep to regenerate and recover.

### LEVEL 3 WORKOUTS

#### This week's swimming workout tip: **ARM RECOVERY**

There are two basic steps to using your arms effectively in swimming: 1. When your arms are **under** water and working and 2. When your arms are **out of the water** and **recovering**. The key to arm recovery is to relax and gently ease your arms back into position for the next stroke. The more effectively you learn to **relax** your arms during recovery, the less energy you use, meaning you have more power left for doing the important work under water.