

# BEGINNERS' SWIMMING

## TRAINING PROGRAMME

If you can swim, but you need motivation to shake things up, then this programme can help you add variety to your swimming training. Please note this is not a programme to learn to swim.

### GENERAL INSTRUCTIONS

- Warm up and cool down
- After cooling down, do some stretching
- Each week has pace guidelines to assist you in adjusting your speed as your fitness improves.

### CHAT TO HEALTHY COMPANY FOR FREE ADVICE

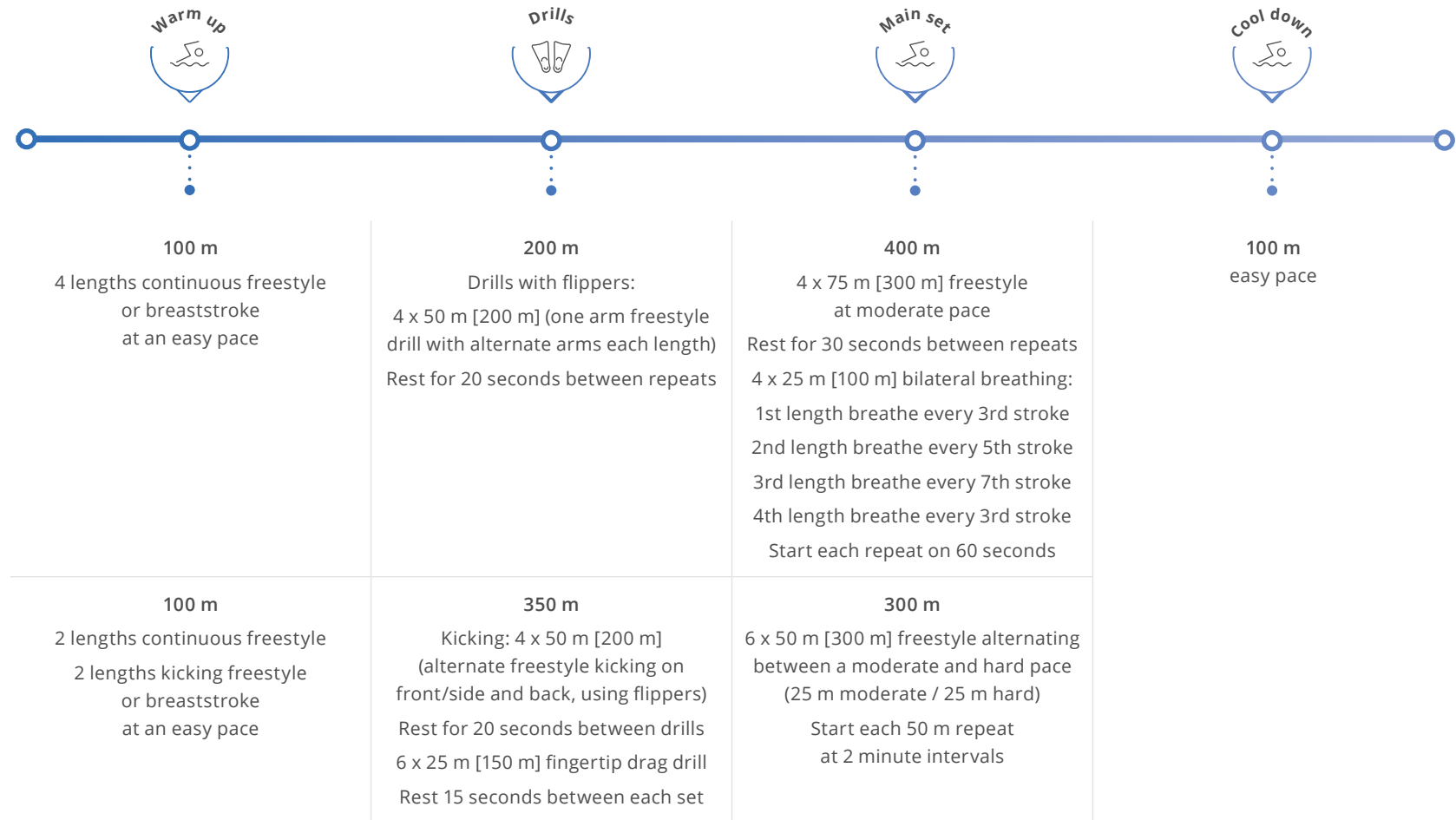
Healthy Company is here for you. Contact us through the Discovery app, [www.discovery.co.za](http://www.discovery.co.za) or 0800 320 420

### GUIDELINES

- Do two to three sessions each week (approximately 60 – 70 minutes)
- Aim for a distance of 700 m to 1000 m at each session
- In a 25 m swimming pool, 25 m = 1 length, 50 m = 2 lengths, and 100 m = 4 lengths
- Always get medical clearance before starting on any exercise programme.

# THE PROGRAMME

## WEEK 1



### PACE GUIDELINES

#### 25 m

Easy: 35 – 40 seconds  
 Moderate: 30 – 34 seconds  
 Hard: 25 – 29 seconds





#### 50 m

Easy: 70 seconds  
 Moderate: 65 seconds  
 Hard: 55 – 60 seconds

#### 100 m

Easy: 2 minutes 30 seconds  
 Moderate: 2 minutes 15 seconds  
 Hard: 2 minutes – 2 minutes 10 seconds

## WEEK 2

 Warm up	 Drills	 Main set	 Cool down
<p><b>100 m</b></p> <p>4 lengths continuous freestyle or breaststroke at an easy pace</p>	<p><b>300 m</b></p> <p>Kicking: 200 m continuous freestyle with flippers and board 100 m freestyle (catch up drill using board and flippers)</p>	<p><b>400 m</b></p> <p>4 x 75 m [300 m] progressive freestyle Rest for 30 seconds between Increase pace from easy to hard Followed by: 4 x 25 m [100 m] bilateral breathing: 1st length breathe every 3rd stroke 2nd length breathe every 5th stroke 3rd length breathe every 7th stroke 4th length breathe every 3rd stroke Start each repeat on 60 seconds</p>	<p><b>50 m</b></p> <p>easy pace</p>
<p><b>100 m</b></p> <p>2 lengths continuous freestyle 2 lengths kicking freestyle or breaststroke at an easy pace</p>	<p><b>300 m</b></p> <p>8 x 25 m [200 m] starting each repeat on 60 seconds (25 m right arm freestyle / 25 m left arm freestyle/ 25 m full stroke freestyle/ 25 m full stroke backstroke), repeat Kicking: 100 m continuous with flippers</p>	<p><b>300 m</b></p> <p>6 x 50 m alternating 25 m easy/ 25 m hard Start each 50 m repeat at 2 minutes intervals</p>	<p><b>100 m</b></p> <p>easy pace</p>
<p><b>100 m</b></p> <p>2 lengths freestyle 2 lengths kicking freestyle or breaststroke at an easy pace</p>	<p><b>300 m</b></p> <p>Drills with flippers continuous: 100 m fingertip drag drill 100 m freestyle kicking on side and 100 m fingertip drag drill</p>	<p><b>450 m</b></p> <p>6 x freestyle (25 m hard / 50 m easy) Rest for 15 seconds between lengths and then 30 seconds between sets</p>	<p><b>50 m</b></p> <p>easy pace</p>

### PACE GUIDELINES

#### 25 m

Easy: 19 – 22 seconds  
Moderate: 17 – 18 seconds  
Hard: 14 – 16 seconds





#### 50 m

Easy: 45 seconds  
Moderate: 40 – 44 seconds  
Hard: 32 – 38 seconds

#### 100 m

Easy: 1 minute 30 seconds – 1 minute 40 seconds  
Moderate: 1 minute 25 seconds – 1 minute 30 seconds  
Hard: 1 minute 12 seconds – 1 minute 20 seconds

## WEEK 3

 Warm up	 Drills	 Main set	 Cool down
<p><b>100 m</b></p> <p>4 lengths continuous freestyle or breaststroke at an easy pace</p>	<p><b>300 m</b></p> <p>Kicking: 6 x 25 m [150 m] (freestyle kicking back and side)</p> <p>Drills: 6 x 25 m [150 m] (one arm freestyle)</p>	<p><b>400 m</b></p> <p>100 m individual medley or freestyle</p> <p>Rest for 15 seconds</p> <p>50 m breaststroke</p> <p>Rest for 15 seconds</p> <p>50 m freestyle</p> <p>Rest for 40 seconds</p> <p>Repeat set – all at a moderate pace</p> <p>Followed by: 4 x 25 m [100 m] (25 m easy/ 25 m hard)</p>	<p><b>50 m</b></p> <p>easy pace</p>
<p><b>100 m</b></p> <p>2 lengths continuous freestyle</p> <p>2 lengths kicking freestyle or breaststroke at an easy pace</p>	<p><b>400 m</b></p> <p>Drills with flippers:</p> <p>12 x 25 m [300 m]</p> <p>(4 x 25 m freestyle with fists</p> <p>4 x 25 m one arm drills</p> <p>4 x 25 m fingertip drag)</p> <p>Start each repeat at 45-second intervals</p> <p>Kicking:</p> <p>4 x 25 m [100 m] butterfly/freestyle at hard pace and 60-second intervals</p>	<p><b>300 m</b></p> <p>4 x 75 m [300 m] freestyle at a moderate pace</p> <p>Rest for 30 seconds between sets</p>	<p><b>100 m</b></p> <p>easy pace</p>

### PACE GUIDELINES

#### 25 m

Easy: 19 – 22 seconds  
Moderate: 17 – 18 seconds  
Hard: 14 – 16 seconds





#### 50 m

Easy: 45 seconds  
Moderate: 40 – 44 seconds  
Hard: 32 – 38 seconds

#### 100 m

Easy: 1 minute 30 seconds-1 minute 40 seconds  
Moderate: 1 minute 25 seconds-1 minute 30 seconds  
Hard: 1 minute 12 seconds - 1 minute 20 seconds

## WEEK 4

			
<p><b>200 m</b> 75 m freestyle 25 m backstroke Rest for 30 seconds and repeat All at an easy pace</p>	<p><b>300 m</b> Kicking: 2 x 50 m [100 m] Rest for 20 seconds (freestyle kicking with board) 100 m freestyle swim Kicking: 2 x 50 m [100 m] Rest for 20 seconds (freestyle kicking with board)</p>	<p><b>400 m</b> 6 x 50 m [300 m] freestyle (alternate 25 m moderate pace / 25 m hard pace) Start each 50 m repeat on 2 minute intervals Followed by: 4 x 25 m fast pace [100 m]</p>	<p><b>100 m</b> easy pace</p>
<p><b>100 m</b> 4 lengths continuous freestyle or breaststroke All at an easy pace</p>	<p><b>300 m</b> Drills with flippers: 300 m continuous as: 100 m fingertip drag drill, 100 m freestyle kicking on side and 100 m fingertip drag drill</p>	<p><b>450 m</b> 6 x 75 m freestyle mixed pace (25 m hard pace/ 50 m easy pace) Rest for 15 seconds between lengths and 30 seconds between sets</p>	<p><b>50 m</b> easy pace</p>
<p><b>100 m</b> 2 lengths continuous freestyle, 2 lengths kicking freestyle or breaststroke at an easy pace</p>	<p><b>400 m</b> 2 x 25 m breaststroke 2 x 25 m backstroke 2 x 25 m freestyle Rest 15 seconds between lengths and 30 seconds between sets Repeat twice [300 m] Then do main set Kicking: 100 m continuous freestyle kicking with flippers</p>	<p><b>300 m</b> 6 x 50 m (25 m easy pace / 25 m hard pace) Start on 2 minute intervals</p>	<p><b>100 m</b> easy pace</p>

### PACE GUIDELINES

#### 25 m

Easy: 19 – 22 seconds  
Moderate: 17 – 18 seconds  
Hard: 14 – 16 seconds

#### 50 m

Easy: 45 seconds  
Moderate: 40 – 44 seconds  
Hard: 32 – 38 seconds

#### 100 m

Easy: 1 minute 30 seconds – 1 minute 40 seconds  
Moderate: 1 minute 25 seconds – 1 minute 30 seconds  
Hard: 1 minute 12 seconds – 1 minute 20 seconds

## WEEK 5

Warm up	Drills	Main set	Cool down
<p><b>200 m</b></p> <p>75 m freestyle 25 m backstroke Rest for 30 seconds and repeat All at an easy pace</p>	<p><b>300 m</b></p> <p>Kicking: 200 m freestyle (continuous with flippers using board) 100 m freestyle (catch up drill using board and flippers)</p>	<p><b>400 m</b></p> <p>4 x 75 m [300 m] progressive freestyle Increase pace from easy to hard Rest for 30 seconds between 75 m repeats</p> <p>4 x 25 m [100 m] bilateral breathing: 1st length breathe every 3rd stroke 2nd length breathe every 5th stroke 3rd length breathe every 7th stroke 4th length breathe every 3rd stroke Start each repeat on 60 seconds</p>	<p><b>50 m</b></p> <p>easy pace</p>
<p><b>100 m</b></p> <p>2 lengths continuous freestyle, 2 lengths kicking freestyle or breaststroke All at an easy pace</p>	<p><b>400 m</b></p> <p>3 x (25 m right arm freestyle, 25 m left arm freestyle, 25 m full stroke freestyle, 25 m full stroke back stroke) [300 m]</p> <p>Start at 45-second intervals</p> <p>Kicking: 100 m continuous with flippers</p>	<p><b>300 m</b></p> <p>6 x 50 m [300 m] (25 m easy pace / 25 m hard pace) Start on 2 minute intervals</p>	<p><b>100 m</b></p> <p>easy pace</p>

### PACE GUIDELINES

#### 25 m

Easy: 19 – 22 seconds  
Moderate: 17 – 18 seconds  
Hard: 14 – 16 seconds





#### 50 m

Easy: 45 seconds  
Moderate: 40 – 44 seconds  
Hard: 32 – 38 seconds

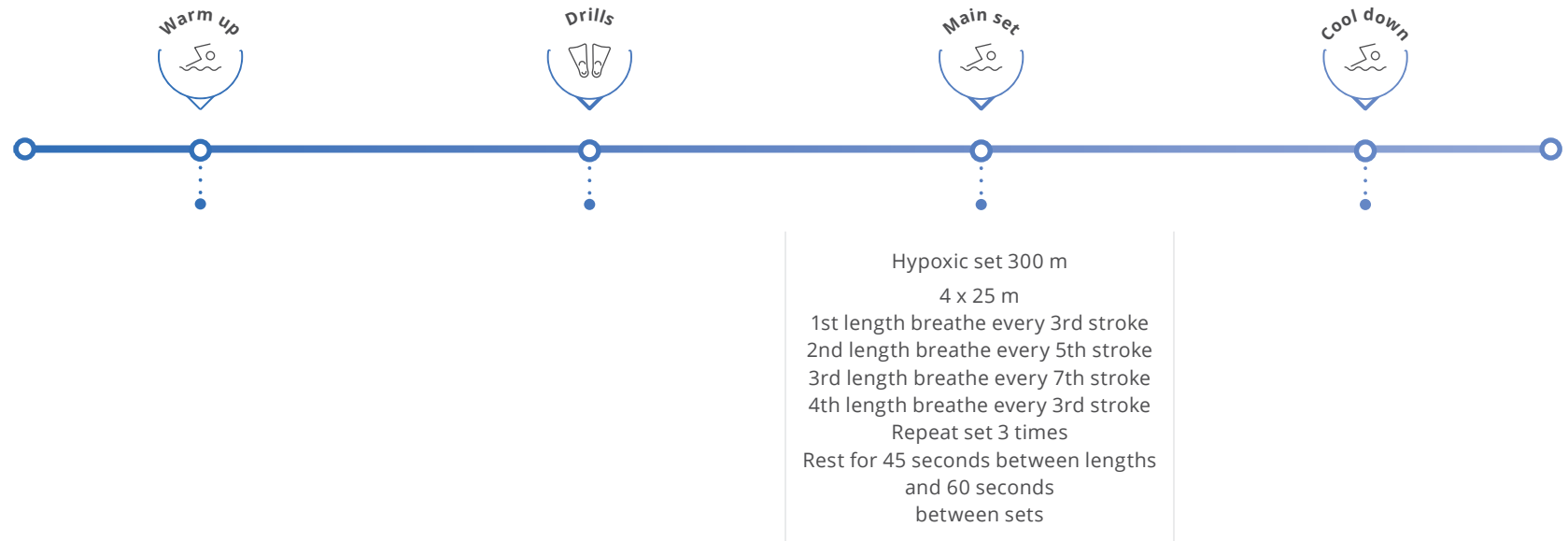
#### 100 m

Easy: 1 minute 30 seconds – 1 minute 40 seconds  
Moderate: 1 minute 25 seconds – 1 minute 30 seconds  
Hard: 1 minute 12 seconds – 1 minute 20 seconds

## WEEK 6

 <p>Warm up</p>	 <p>Drills</p>	 <p>Main set</p>	 <p>Cool down</p>
<p><b>200 m</b></p> <p>75 m freestyle 25 m backstroke</p> <p>Rest for 30 seconds and repeat All at an easy pace</p>	<p><b>200 m</b></p> <p>Drills with flippers: 4 x 50 m [200 m] (one arm freestyle drill alternating arms each length)</p> <p>Rest for 20 seconds between repeats</p>	<p><b>500 m</b></p> <p>4 x 75 m [300 m] freestyle at moderate pace</p> <p>Rest for 30 seconds between sets</p> <p>Followed by:</p> <p>Hypoxic set 200 m 4 x 25 m 1st length breathe every 3rd stroke 2nd length breathe every 5th stroke 3rd length breathe every 7th stroke 4th length breathe every 3rd stroke</p> <p>Repeat set twice</p> <p>Rest for 45 seconds between lengths and 60 seconds between sets</p>	<p><b>100 m</b></p> <p>easy pace</p>
<p><b>100 m</b></p> <p>2 lengths continuous freestyle 2 lengths kicking freestyle or breaststroke</p> <p>All at an easy pace</p>	<p><b>400 m</b></p> <p>Kicking: 4 x 25 m [100 m] (freestyle with board)</p> <p>Rest for 20 seconds between repeats</p> <p>Drills with flippers: 3 x 100 m [300 m] (one arm freestyle, fists, and fingertip drag drills)</p> <p>Rest for 20 seconds between 100 m repeats</p>	<p><b>400 m</b></p> <p>100 m individual medley or freestyle 50 m breast stroke 50 m freestyle</p> <p>Repeat twice</p> <p>Rest for 15 seconds between lengths and 40 seconds between sets</p> <p>All at a moderate pace</p>	<p><b>100 m</b></p> <p>easy pace</p>
<p><b>100 m</b></p> <p>4 lengths continuous freestyle or breaststroke</p> <p>All at an easy pace</p>	<p><b>200 m</b></p> <p>Kicking: 100 m continuous (freestyle kick on back /side with flippers)</p> <p>4 x 25 m [100 m]: catch-up freestyle with board</p>	<p><b>600 m</b></p> <p>6 x 50 m [300 m] freestyle (25 m moderate / 25 m hard pace)</p> <p>Start on 2 minute intervals</p>	<p><b>100 m</b></p> <p>easy pace</p>

## WEEK 6 (continued)



### PACE GUIDELINES

#### 25 m

Easy: 19 – 22 seconds  
Moderate: 17 – 18 seconds  
Hard: 14 – 16 seconds

#### 50 m

Easy: 45 seconds  
Moderate: 40 – 44 seconds  
Hard: 32 – 38 seconds

#### 100 m

Easy: 1 minute 30 seconds – 1 minute 40 seconds  
Moderate: 1 minute 25 seconds – 1 minute 30 seconds  
Hard: 1 minute 12 seconds – 1 minute 20 seconds