

WEEK 9 SWIM PROGRAMMES

Beginner swim programme

Total Distance: 40 lengths(1000m)

Warm up:

10 lengths front crawl (250m)

Main:

10 lengths legs only with a kick board (250m)

2 lengths full breaststroke (50m)

10 lengths arms only with pull buoy (250m)

2 lengths back crawl (50m)

Cool down:

6 lengths front crawl (150m)

Intermediate swim programme

Total Distance: 70 lengths(1750m)

Warm up:

10 lengths front crawl (250m)

Main:

45 sec rest between each set

10 lengths legs only with a
kick board (250m)

10 lengths arms only with pull buoy (250m)

45 sec rest between each set

10 lengths full breaststroke(250m)

10 lengths back crawl (250m)

10 lengths front crawl (250m)

fast down, slow back

1 min treading water

Cool down:

10 lengths front crawl (250m)

Masters swim programme

Total Distance: 90 lengths(2250m)

Warm up:

10 lengths front crawl (250m)

Main:

45 sec rest between each set

10 lengths legs only with a kick board (250m)

10 lengths arms only with pull buoy (250m)

10 lengths breaststoke (250m)

10 lengths back crawl (250m)

10 lengths butterfly (250m)

5x100m sprints 1min between each
(500m)

1 min treading water

Cool down:

10 lengths any front crawl (250m)