

## **Beginner Swim Workouts: Endurance, Form and Speed**

*These workouts are all designed for beginners and range in length from 400m to 1200m.*

### **About the workouts**

The workouts that are included are not my own. These workouts are all designed for beginners and range in length from 400m to 1200m (or yards, whatever your pool is.) Hopefully providing some useful workouts until you are able to tackle longer workouts. These workouts are not designed to take the place of a coach or masters swim class; rather, they should help on the days when you have to figure out your own workout.

### **When to do endurance, form and speed workouts?**

For a beginning swimmer who is working on mechanics and endurance, I would recommend that, if you are swimming three times a week, you do not do the speed workouts on a regular basis. I would instead do two form and one endurance workout with an occasional speed workout used for variety every two or three weeks. If you have the chance to swim four times a week then I would add in the speed session if you feel up to it - if not, another endurance session will not be wasted.

### **How often should I swim?**

As a beginning swimmer you will probably find the greatest results from swimming three or four times per week for a shorter duration rather than trying to do a couple of long sessions. These shorter sessions will allow you to maintain your form throughout the workout rather than allowing fatigue to ruin your technique.

	400m	800m	1200m
<b>Endurance</b>	<b>Warm-up</b> 4x25 <b>Main Set</b> <b>Drill</b> 2x25 pull <b>Ladder</b> 25, 50, 75, 50, 25 <b>Cool-down</b> 2x25	<b>Warm-up</b> 1x25, 1x50, 1x75 <b>Main Set</b> <b>Drill</b> 2x25 pull 2x25 kick <b>Ladder</b> 25, 50, 75, 100, 75, 50, 25 <b>Cool-down</b> 1x75, 1x50, 1x25	<b>Warm-up</b> 2x50, 1x100 <b>Main Set</b> <b>Drill</b> 2x50 as 25 right arm, 25 left arm 2x50 or 4x25 kick <b>Ladder</b> 50, 100, 150, 150, 100, 50 <b>Cool-down</b> 1x100, 2x50
<b>Form</b>	<b>Warm-up</b> 4x25 <b>Main Set</b> <b>Drill</b> 2x25 right arm 2x25 pull 2x25 left arm 2x25 kick 2x25 catch up <b>Cool-down</b> 2x25	<b>Warm-up</b> 1x25, 1x50, 1x75 <b>Main Set</b> <b>Drill</b> 3x25 right arm 3x25 pull 3x25 left arm 3x25 kick 3x25 catch up <b>Swim</b> 3x50 easy (focus on technique) <b>Cool-down</b> 2x50, 1x25	<b>Warm-up</b> 2x50, 1x100 <b>Main Set</b> <b>Drill</b> 4x25 right arm 4x25 pull 4x25 left arm 4x25 kick 4x25 catch up <b>Swim</b> 3x100 easy (focus on technique) <b>Cool-down</b> 1x100, 2x50
<b>Speed</b>	<b>Warm-up</b> 4x25 <b>Main Set</b> 8x25 (hard with long recovery) <b>Cool-down</b> 4x25	<b>Warm-up</b> 2x25, 2x50 <b>Main Set</b> 12x25 (hard with long recovery) 4x50 (hard with long recovery) <b>Cool-down</b> 2x50, 2x25	<b>Warm-up</b> 2x50, 1x100 <b>Main Set</b> 12x25 (hard with long recovery) 10x50 (hard with long recovery) <b>Cool-down</b> 1x100, 2x50