



# PRECISION SWIMMING

MARGARET RIVER

## Beginners Program

Build confidence, control and efficiency in the water. No swim background required.



# How to Read a Workout

Understanding these terms will help you follow every session in this program.

## 4 x 50m

Swim 50 metres (two lengths of a 25m pool), and do it four times. Rest between each one as shown.

## Easy / Medium / Hard

Easy = relaxed conversational pace. Medium = working but in control. Hard = pushing yourself, heavy breathing.

## 20s rest

After you finish the swim, rest at the wall for 20 seconds before starting the next one. If no rest is shown, go straight into the next set.

## Warm Up

Easy swimming at the start of the session to get your body moving and your muscles warm. Never skip this.

## Cool Down

Easy swimming at the end of the session to help your body recover. Keep it relaxed and smooth.

## Build

Start the swim slowly and gradually increase your speed within the same rep. Finish faster than you started.

## Descend 1-4

Each rep gets faster than the one before. Rep 1 is easy, rep 4 is fast. Your effort increases with each one.

## Drill-Swim

Swim part of the distance as a drill (a technique exercise) and the rest as normal swimming. For example, 25m drill followed by 25m full stroke.

## Stroke Count

Count how many strokes it takes you to swim one length. Fewer strokes at the same speed means you are becoming more efficient. Track this over time.



# Equipment Guide

The gear referenced in this program and how to use it properly.

## Kickboard

A flat foam board you hold in front of you with both hands, arms extended. It supports your upper body so you can focus entirely on your kick. Hold it lightly. Do not death-grip it.

## Fins (Swim Fins)

Short rubber fins worn on your feet. They make kicking easier and faster, helping you hold good body position while learning drills. Use short training fins, not long snorkelling fins. They should fit snugly.

## Do I need to buy all of this?

Most pools have kickboards and pull buoys available for lane swimmers. Fins are worth owning if you plan to train regularly. Ask at your local pool what they have available.



# Drill Guide

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A quick reference for every drill used in this program.

## Streamline Glide

Push off the wall with both arms extended overhead, hands stacked, core tight. Glide as far as you can without kicking or pulling. This teaches body position and reduces drag.

## Board Kick (Freestyle)

Hold a kickboard with arms extended. Kick from your hips with a steady flutter kick. Keep your core engaged and body flat. Breathe normally.

## Catch-Up Drill

Swim freestyle but keep one arm extended in front while the other completes a full stroke. Your hands 'catch up' at the front before the other arm begins. This teaches patience and a long reach.

## Fingertip Drag

Swim freestyle but drag your fingertips along the surface of the water during the recovery (arm coming forward). This encourages a high elbow recovery and keeps your stroke close to your body.

## Bubble Breathing

Stand or swim with your face in the water. Blow a steady stream of bubbles out through your nose. Turn or lift your head to inhale, then put your face back in and exhale again. The goal is a smooth, continuous breathing rhythm.

## Side Kick Breathing

Kick on your side with one arm extended forward and the other resting on your hip. Your bottom ear stays in the water. Breathe by turning your head toward the ceiling. Switch sides each length.

## Back Float Kick

Float on your back with arms at your sides. Add a gentle flutter kick from the hips. Keep your hips high and your head still. Breathe normally. This builds comfort and balance on your back.

## Single Arm Backstroke

Swim backstroke using only one arm at a time. Keep the other arm resting at your side. Focus on a clean entry (little finger first), a strong pull, and a full rotation. Switch arms each length.



# Swim Order of Operations

Follow these steps in sequence. Each one builds on the last.

- 1 Learn to Float**  
Develop comfort, balance and body awareness in the water.
- 2 Streamline Position**  
Improve alignment, reduce drag and feel how your body moves.
- 3 Learn to Kick**  
Connect your core to your movement with a steady, compact kick.
- 4 Learn to Breathe**  
Sync your breath with movement to reduce tension and stay relaxed.
- 5 Survival Backstroke**  
Learn to rest and move safely on your back using a simple survival stroke.
- 6 Intro to Freestyle**  
Use your arms to anchor and move your body forward efficiently.
- 7 Establish Your Baseline**  
Set a clear starting point to track progress and train with intention.

## Swimming Terminology

Key terms used throughout this program.

### What's a Lap?

In swimming, a lap is one length of the pool, from one wall to the other. In a standard short-course pool, 1 lap = 25m.

### Lap Distance Guide

DISTANCE	WHAT THAT MEANS
25m	1 lap
50m	2 laps nonstop (down and back)
100m	4 laps nonstop
200m	8 laps nonstop

### What Does Nonstop Mean?

If a set says "75 Freestyle", that means you will swim three lengths in a row without stopping, swimming freestyle (front crawl), and you will only rest after completing the full distance.

### You Can Always Modify

If you need to pause at the wall to catch your breath, that is not bad. This program is designed to build your skills, confidence, and control over time. Progress over perfection.

**Different pool length?** If your pool is a different length, simply follow the program as written. The structure and training benefits remain the same.



# Recommended Equipment

The core gear that supports this program.



## Kickboard

Isolates your kick so you can focus on leg technique without worrying about your arms or breathing. Essential for building a strong, hip-driven kick.



## Long Blade Fins

Add propulsion and help you maintain body position while learning. They also encourage a proper kick rhythm from the hips rather than the knees.



## Front-Facing Snorkel

Optional

Allows you to breathe without turning your head, so you can focus on body position, kick, and pull technique. Not essential, but recommended for faster progress. Note: this is not a dive snorkel.

STEP 1

# Learn to Float

Develop comfort, balance and body awareness in the water.

1



# Step 1: Learn to Float

## Week 1 Exercises

### Practice Floating (Inhale)

- 1 Go to the shallow end where you can stand
- 2 Form a tight ball position and inhale as deep as you can
- 3 Hold your breath in and engage your core to keep your body tight
- 4 Repeat until you find your floating position. Take breaks and stand up as needed

### Practice Sinking (Exhale)

- 1 Go to the shallow end where you can stand
- 2 Form a tight ball position and exhale all your air out
- 3 Squeeze your whole body tight and feel yourself sink to the bottom
- 4 Repeat multiple times to feel the sinking effect of blowing all your air out

## Week 1 Workout Routine

Focus solely on these two breathing exercises for a week. You are developing body awareness and control in the water, skills that lay the foundation for everything to come.

### Inhale Holds

10-20 rounds

### Exhale Drills

10-20 rounds

3 to 5 pool sessions. You will notice a huge difference by day 5 compared to day 1.



# Step 1: Regaining Standing Position

Knowing you can stand up at any time builds confidence and reduces panic. This is one of the most important safety skills you will learn. Practice it every session until it feels automatic.

## From a Front Float

- 1 Tuck your knees toward your chest
- 2 Press both hands down firmly through the water
- 3 As your body rotates upright, plant your feet on the pool floor
- 4 Stand tall and steady yourself before moving

## From a Back Float

- 1 Tuck your chin toward your chest
- 2 Draw your knees in toward your body
- 3 Sweep your arms forward and down through the water
- 4 Plant your feet beneath you as your body rotates upright

## Add to Your Week 1 Routine

After each set of floating drills, practise regaining your standing position. Alternate between front float recoveries and back float recoveries.

### Front Float Recovery

6-10 rounds: float, then stand

### Back Float Recovery

6-10 rounds: float, then stand

**Why this matters:** Water anxiety often comes from feeling out of control. When you know you can return to standing quickly and calmly from any position, the water stops feeling unpredictable. This skill is the bridge between floating and everything that follows.

STEP 2

# Streamline Position

Improve alignment, reduce drag and feel how your body moves through the water.

2



## Step 2: Streamline Position



### Hands Locked

Top thumb locked over bottom hand (dominant hand on bottom)



### Arms Reaching

Stretch arms as far forward as possible



### Arms Squeezing

Arms touch behind ears, chin slightly tucked



### Core Engaged

Back and core squeezed tight



### Glutes & Legs Active

Legs squeezed together

## Week 2 Exercises

### Standing Streamline

1

Go to the shallow end. Stand up and practice streamline position. Lock in your arms. Take breaks as needed.

### Floating Streamline

1

Inhale as much air as you can and hold the breath in. Lay flat in the water and find your float. Lock in your streamline with your chest facing the bottom of the pool. Squeeze your core, glutes and arms tight for muscle activation.

## Step 2: Workout Routine

This week, you are building on what you learned in Step 1. You will still practice floating to reinforce body awareness, but now we are adding streamline position.

1

### Inhale Floating

6 rounds of inhale floating in the ball position. Activate lungs and body awareness.

2

### Standing Streamline Holds

6 rounds of 15-second standing streamline holds. Lock in the position and engage your core.

3

### Floating Streamline Holds

6 rounds of floating streamline holds. Inhale fully before you float. Lock in your streamline.

Repeat 4 times

Goal: 3 to 5 pool sessions practicing this routine

STEP 3

# Learn to Kick

Connect your core to your movement and develop a steady, compact kick that enhances balance and flow.

3



# Step 3: Learn to Kick

Week 3 Exercises

## Kick with Board

Kickboard

Long Blade Fins (start with)

- 1 Hold the kickboard at the top with outstretched arms
- 2 Try kicking with long blade fins first
- 3 Keep your arms and core active, squeezing as you start to kick
- 4 Drive the movement from your hips and core. Not your knees.
- 5 Push the water down with your quadriceps on the down kick and pull back up with your hamstrings and glutes on the up kick

### Down-Kick Muscles

Quadriceps & Hip Flexors

### Up-Kick Muscles

Glutes & Hamstrings

## Step 3: Workout Routine

This workout builds a steady, efficient freestyle kick while continuing to develop your body position.

1

### Inhale Floating

6 rounds. Focus: Activate lungs.

2

### Floating Streamline Holds

6 rounds. Rest as needed to breathe and reset. Focus: Inhale to lift.

3

### Freestyle Kick with Fins

2 x 25s (2 laps) Freestyle Kick with kickboard and fins.

Kickboard

Fins

4

### Freestyle Kick without Fins

2 x 25s (2 laps) Freestyle Kick with kickboard, NO fins.

Kickboard

Repeat 4 times

Goal: 3 to 5 pool sessions practicing this routine

STEP 4

# Learn to Breathe

Sync your breath with movement to reduce tension, maintain rhythm, and stay relaxed in the water.





# Step 4: Learn to Breathe

Week 4 Exercises

## Standing Breathing

- 1 Go to the shallow end where you can stand
- 2 Stand up and inhale fully
- 3 Put your face underwater and quickly blow out roughly 50% of your air through your nose
- 4 Hold your breath in for 3 counts and put your face back underwater
- 5 Repeat the full breathing cycle

**Goal:** Hold about half of the air in your lungs at all times. **Feel it:** Even while standing, you should notice a mild lightness in your chest and an easy, steady balance, like the water is quietly supporting you.

## Optional Progression

Standing Side Breathing - practice turning your head to the side to breathe while maintaining your body position.

# Step 4: Workout Routine

Combining floating, body position, and kicking with controlled breathing.

- 1 **Inhale Floating**  
6 rounds of inhale floating in the ball position. Activate lungs and body awareness.
- 2 **Standing Streamline Holds**  
6 rounds of standing streamline holds. Squeeze everything tight.
- 3 **Floating Streamline Holds**  
6 rounds of floating streamline holds. Inhale deep and hold.
- 4 **Kick Set**  
1 x 50 freestyle kick with kickboard and fins, then 2 x 25s freestyle kick without fins.  
**Kickboard** **Fins**
- 5 **Standing Breathing Cycles**  
6 rounds of standing breathing cycles. Optional: Add Standing Side Breathing if comfortable.

Repeat 3 times

Goal: 3 to 5 pool sessions practicing this routine

STEP 5

# Survival Backstroke

Learn to rest and move safely on your back. Your face stays above water the whole time, making this the ideal survival and energy-conserving stroke.

5



# Step 5: Survival Backstroke

Build your back float, add a gentle kick, then combine with arm sweeps. This stroke is about staying safe and conserving energy, not speed.

## Week 5 Exercises

### Back Float Hold

- 1 Start in the shallow end. Lean back gently and let the water support you
- 2 Arms relaxed at your sides, ears in the water, eyes to the ceiling
- 3 Push your hips up toward the surface. Keep your body as flat as possible
- 4 Hold for 10-15 seconds. This is your resting position in the water

### Back Flutter Kick

- 1 From your back float, add a gentle flutter kick. Keep kicks small and driven from the hips. Arms stay relaxed at your sides. Focus on staying flat and keeping your hips near the surface.

### Survival Backstroke Arms

- 1 From back float with kick, add simultaneous arm sweeps: hands start at your thighs, sweep out and up to shoulder height, then pull back down to your thighs. Slow and controlled.

**Key cues:** Head back, eyes to the ceiling. Hips up near the surface. Breathe freely, your face stays above water the whole time. This stroke is about staying safe and conserving energy, not speed.



## Step 5: Workout Routine

This workout combines your existing skills with the survival backstroke. You will build comfort on your back while reinforcing the floating, kicking and breathing foundations from previous weeks.

**1**

### Back Float Holds

6 rounds of back float holds (10-15 seconds each). Focus on keeping hips up and body flat.

**2**

### Back Flutter Kick

2 x 25s back flutter kick with arms at your sides. Focus on small, steady kicks from the hips.

**3**

### Survival Backstroke

2 x 25s survival backstroke (full stroke with arm sweeps). Slow and controlled. Breathe freely.

**4**

### Standing Recovery Drill

6 rounds: back float for 10 seconds, then regain standing position. Reinforce your safety skills.

Repeat 2 times

Goal: 3 to 5 pool sessions practicing this routine

**Why survival backstroke?** If you ever feel tired, anxious, or need a rest in the water, rolling onto your back is the safest thing you can do. Your face stays above water, you can breathe normally, and you can move toward safety without exhausting yourself.

STEP 6

# Intro to Freestyle

Learn to pull with control, using your arms to anchor and move your body forward efficiently.

6



## Step 6: Freestyle Swim

Now it is time to add in your arms and swim full freestyle. You have built a strong foundation over the last five weeks. Time to bring it all together.

### Freestyle Swim Technique

Snorkel (optional)

Fins (to start)

- 1 Start each lap by pushing off the wall in streamline position. Hold streamline while you flutter kick to the surface.
- 2 Hold a steady kick while you add in your arms.
- 3 Alternate your arms. One pulls while the other reaches forward.
- 4 Reach long with one arm while the other pulls back. Maintain your kick rhythm. Do not pause.
- 5 Head is neutral. Eyes are looking straight down to the bottom of the pool.

**Tip:** Hold about 50% of the air in your lungs at all times. That quiet lift through your chest will help you stay balanced and streamlined as you swim. If you have a snorkel, it allows you to breathe without turning your head. The fins add stability.

## Step 6: Workout Routine

Link each skill together into smooth, rhythmic freestyle.

1

### Floating Streamline Holds

6 rounds of floating streamline holds. Inhale deep and hold.

2

### Standing Breathing Cycles

6 rounds of standing breathing cycles.

3

### Kick Set

1 x 50 freestyle kick with kickboard and fins, then 2 x 25s freestyle kick without fins.

Kickboard

Fins

4

### Freestyle Swim

1 x 50 freestyle swim with fins (and snorkel if available), then 2 x 25s freestyle swim without fins.

Snorkel (optional)

Fins

Repeat 2 times

Goal: 3 to 5 pool sessions practicing this routine

STEP 7

# Establish Your Baseline

Establish a clear starting point for your swimming so you can track progress, train with intention, and build endurance safely over time.





# Baseline Workout

500 Metres | 2 minutes rest between each set

1

## Warm Up

4 x 25m Freestyle: Relaxed swim.

Easy

30s rest

2

## Kick Set

4 x 25m Freestyle Kick: Fast tempo. Equipment: Kickboard.

Medium

30s rest

3

## Kick Set

1 x 50m Freestyle Kick: Fast tempo. Equipment: Kickboard and fins. Focus: Core engagement and leg drive.

Medium

30s rest

4

## Main Set Prep

1 x 100m Freestyle. Snorkel optional. Focus: Core engagement and leg drive.

Medium

1m rest

5

## Main Set

4 x 25m Freestyle Sprint. Snorkel optional. Focus: Max speed with control.

Hard

30s rest

6

## Cool Down

1 x 50m Freestyle: Relaxed pace. Focus: Technique-focused recovery.

Easy

30s rest



# Common Faults & Fixes

The most common mistakes in breaststroke and survival backstroke, and how to correct them.

## Breaststroke: Body Position & Kick

### Body not streamlined

**Fix:** After each kick, stretch your body out long and hold the glide. Arms forward, legs together, body flat. If you skip the glide, you lose the free speed the kick generates.

### Body bobbing up and down

**Fix:** Your kick and pull are probably happening at the same time. Separate them. Pull first (breathe), then kick and glide. The stroke has a clear rhythm: pull, kick, glide.

### Feet slipping through water without grip

**Fix:** Turn your feet outward so the soles face backward during the kick. You should feel the water push against the bottom of your feet. If your toes are pointed, you will slip.

### Knees too wide during kick

**Fix:** Keep your knees roughly hip-width apart. Bringing them too wide creates drag. Think of driving your heels up toward your glutes, then sweeping them out and around.

### No glide between strokes

**Fix:** After the kick, hold streamline and count to two. The glide is where most of your distance comes from. Rushing the next stroke costs you speed, not gains it.

## Breaststroke: Arms & Breathing

### Head lifting too high to breathe

**Fix:** Your face only needs to clear the surface. If your head rises too high, your hips will drop. Keep the breath quick and low. Think chin to the water, not chin to the ceiling.

### Holding breath underwater

**Fix:** Breathe every stroke. Exhale steadily through your nose while your face is in the water. When your head lifts, just inhale. If you hold your breath, you will tense up and lose rhythm.

### Stroke feels out of order

**Fix:** The sequence is always: pull (breathe in), kick, glide (breathe out). If it feels messy, slow everything down and say the sequence out loud in your head.



# Common Faults & Fixes (continued)

## Survival Backstroke: Body Position

### Sitting in the water, hips dropping

**Fix:** Push your chest up and arch your back slightly. Your hips should be near the surface. If they drop, you create drag and the stroke becomes much harder than it needs to be.

### Head moving side to side

**Fix:** Keep your head completely still. Look straight up at the ceiling. Your head is your anchor point. If it moves, your whole body follows.

## Survival Backstroke: Kick

### Knees coming out of the water

**Fix:** You are kicking from your knees, not your hips. Keep your legs mostly straight and let the movement start from your hips. Small, steady kicks.

### Feet not pointed, stiff ankles

**Fix:** Point your toes and keep your ankles loose. Stiff ankles act like brakes. Relaxed, flexible feet move you forward.

## Survival Backstroke: Arms

### Arms crossing over the midline during entry

**Fix:** Each hand should enter the water in line with its own shoulder. Crossing over causes your body to snake side to side.

### Flat hand slapping the water on entry

**Fix:** Lead with your little finger. A clean entry reduces drag and sets up a strong pull.

### Pulling with a straight arm underwater

**Fix:** Bend your elbow during the pull (about 90 degrees). A bent arm catches more water and generates more power than a straight arm pushing down.

**Survival backstroke tip:** This stroke keeps your face out of the water at all times, making it the safest stroke for resting or swimming long distances in open water. Focus on staying flat and relaxed.



## BEGINNERS

# Practice Workouts

Ten standalone sessions to put your skills into practice. The first five are accessible for all levels. The last five are for when you are ready to push further.

## Workout 1: Water Confidence

Get comfortable in the water. Move slowly, breathe calmly, find your balance.

1

### Warm Up

4 x 25m easy freestyle or doggy paddle. Take your time.

Easy

20s rest

2

### Floating

4 x 25m: push off, glide in streamline, then kick gently to the wall.

Easy

20s rest

3

### Kick Set

4 x 25m freestyle kick with kickboard.

Easy

20s rest

Kickboard

4

### Easy Swim

4 x 25m freestyle. Focus on breathing out underwater.

Easy

20s rest

5

### Cool Down

2 x 25m easy choice. Relaxed and smooth.

Easy

Total: approx. 500 Metres



# Workout 2: Kick & Float

The kick keeps you moving and your legs from sinking. Small kicks, steady rhythm.

**1****Warm Up**

4 x 25m easy freestyle.

Easy

20s rest

**2****Board Kick**

4 x 50m freestyle kick with kickboard. Kick from the hips, not the knees.

Easy

20s rest

Kickboard

**3****Glide & Kick**

4 x 25m: push off, streamline, kick to the other end.

Easy

20s rest

**4****Swim**

4 x 25m freestyle. Small, steady kick.

Easy

20s rest

**5****Back Float**

4 x 25m: float on your back, gentle kick. Ears in the water.

Easy

20s rest

**6****Cool Down**

2 x 25m easy choice.

Easy

**Total: approx. 650 Metres**



# Workout 3: Arm Strokes

Add the arms in. Reach forward, pull back, recover over the water.

**1****Warm Up**

4 x 50m easy freestyle kick with kickboard.

Easy

20s rest

Kickboard

**2****Catch-Up Drill**

4 x 25m catch-up freestyle. One arm at a time.

Easy

20s rest

**3****Full Stroke**

4 x 50m freestyle. Long reach, patient pull.

Easy

20s rest

**4****Backstroke Arms**

4 x 25m backstroke. One arm, then the other. Thumb out first.

Easy

20s rest

**5****Mixed Swim**

2 x 50m: 25m freestyle + 25m backstroke.

Easy

20s rest

**6****Cool Down**

2 x 25m easy choice.

Easy

**Total: approx. 750 Metres**



# Workout 4: Breathing Practice

Breathing should be part of the stroke, not separate from it. Turn, breathe, return.

**1**

## Warm Up

4 x 50m easy freestyle.

**Easy****20s rest****2**

## Bubble Breathing

4 x 25m: blow bubbles underwater, turn to breathe, repeat.

**Easy****15s rest****3**

## Side Kick Breathing

4 x 25m kick on your side, breathe to the ceiling.

**Easy****15s rest****Kickboard****4**

## Swim with Breathing

4 x 50m freestyle, breathe every 2 or 3 strokes.

**Easy****20s rest****5**

## Backstroke

4 x 25m backstroke. Face stays up, breathing is easy.

**Easy****15s rest****6**

## Cool Down

100m easy choice.

**Easy****Total: approx. 800 Metres**



# Workout 5: First Full Session

Your first proper mixed session. Take breaks when you need them.

**1****Warm Up**

4 x 50m easy freestyle.

Easy

20s rest

**2****Kick Set**

4 x 50m kick with kickboard: 2 freestyle, 2 backstroke.

Easy

20s rest

Kickboard

**3****Drill Set**

4 x 25m catch-up freestyle.

Easy

15s rest

**4****Swim Set**

4 x 50m freestyle. Count your strokes per length.

Medium

20s rest

**5****Backstroke**

4 x 25m easy backstroke.

Easy

15s rest

**6****Cool Down**

2 x 50m easy choice.

Easy

**Total: approx. 1,000 Metres**



## BEGINNERS

# Feeling Good?

Try something a little harder. The next five workouts step things up with longer sets, higher intensity, and more demanding technique work. Same focus, bigger challenge.

## Workout 6: Building Endurance

Swim longer sets with short rest. The goal is continuous movement, not speed.

1

### Warm Up

4 x 50m easy freestyle.

Easy

20s rest

2

### Kick Set

4 x 50m kick with kickboard.

Easy

15s rest

Kickboard

3

### Swim Set

4 x 100m freestyle. Steady pace, even breathing.

Medium

30s rest

4

### Backstroke

4 x 50m backstroke.

Easy

20s rest

5

### Cool Down

100m easy choice.

Easy

Total: approx. 1,200 Metres



# Workout 7: Mixed Strokes

Try different strokes to build a well-rounded foundation.

**1****Warm Up**

4 x 50m easy freestyle.

**Easy****20s rest****2****Freestyle Set**

4 x 50m freestyle with focus on body position.

**Medium****20s rest****3****Backstroke Set**

4 x 50m backstroke. Head still, hips high.

**Medium****20s rest****4****Kick Mix**

4 x 50m: 25m freestyle kick + 25m backstroke kick.

**Easy****15s rest****Kickboard****5****Continuous Swim**

200m freestyle, non-stop. Easy pace.

**Medium****6****Cool Down**

100m easy choice.

**Easy****Total: approx. 1,400 Metres**



# Workout 8: Technique Focus

Slow down and sharpen the details. Drills first, then swim with intention.

**1****Warm Up**

4 x 50m easy freestyle.

Easy

20s rest

**2****Catch-Up Drill**

4 x 50m catch-up freestyle. Patient lead arm.

Easy

15s rest

**3****Fingertip Drag**

4 x 25m fingertip drag drill. High elbow recovery.

Easy

15s rest

**4****Swim with Focus**

4 x 100m freestyle. Apply the drill cues to your full stroke.

Medium

30s rest

**5****Backstroke Drill**

4 x 25m single arm backstroke. Each arm separately.

Easy

15s rest

**6****Cool Down**

100m easy backstroke.

Easy

**Total: approx. 1,300 Metres**



# Workout 9: Continuous Swimming

Build up to longer continuous swims. Pace yourself and stay relaxed.

**1****Warm Up**

4 x 50m easy freestyle.

Easy

20s rest

**2****Kick Set**

4 x 50m kick, mix of freestyle and backstroke.

Easy

15s rest

Kickboard

**3****Build Swim**

4 x 100m freestyle, build effort each 100.

Medium

20s rest

**4****Continuous Swim**

300m freestyle, non-stop. Even pace throughout.

Medium

**5****Cool Down**

200m easy choice, mix of strokes.

Easy

**Total: approx. 1,500 Metres**



# Workout 10: Challenge Session

The biggest session in the program. You have built up to this. Trust your fitness.

**1****Warm Up**

4 x 50m easy freestyle.

Easy

20s rest

**2****Drill Set**

4 x 50m: 25m catch-up + 25m full stroke.

Easy

15s rest

**3****Main Set**

4 x 100m freestyle, descend 1-4 (get slightly faster each one).

Medium

25s rest

**4****Backstroke**

4 x 50m backstroke. Relaxed and rhythmic.

Medium

20s rest

**5****Challenge Swim**

200m freestyle, strong and steady.

Hard

**6****Cool Down**

200m easy choice.

Easy

**Total: approx. 1,600 Metres**



## See You at the Next Level.

Ready to keep progressing? Explore which Precision Swimming training plan fits your goals, whether you want to swim your first mile nonstop, build sprint speed, or both.

[precisionswimming.com](https://precisionswimming.com)