



Fitness Swimming Programme

Warm Up (Aerobic)

Complete a warm up of 10 minutes with a variety of strokes. Try just breaststroke arms, flutter kick legs, freestyle, backstroke and just freestyle arms. This will increase the mobility of joints and increase your body temperature. As with any warm up, remember to start out slowly and gradually increase the size and speed of movements.

Sessions 1 and 3	
Week 1	Swim continuously at a steady pace for 15 to 20 minutes. Change your stroke to ease any muscle or joint discomfort you may experience through repetitive movement.
Week 2	Add 3 – 5 minutes to your swim time.
Week 3	Add 6 – 10 minutes to your swim time.
Week 4	Add 9 – 18 minutes to your swim time.
Week 5	Add 12 - 25 minutes to your swim time.
Session 2	
Week 1	Swim your main set for 20 minutes alternating 1 length fast or moderate pace and 1 length at recovery pace.
Week 2	Swim your main set for 24 minutes alternating 1 length fast or moderate pace and 1 length at recovery pace.
Week 3	Swim your main set for 20 minutes alternating 1 length fast or moderate pace and 1 length at recovery pace.
Week 4	Swim your main set for 26 minutes alternating 1 length fast or moderate pace and 1 length recovery pace.
Week 5	Have a fun session – try Hydrosports, Aqua jogging or ladies, go to the Sunday Women Only Swim Night.

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