|  |  |  |  |
| --- | --- | --- | --- |
| Couch to mile swimmer  Swim 3 times per week  Begin with at least 30 minutes – increase work out time week 3  To build distance – swim in fins to start | Beginner  Set up 3 days a week to swim | Intermediate  Set up 3 days per week to swim | Advanced  Set up 3 days per week to swim |
| Week 1  Goal for week – 10 laps(or 20 lengths) | * Figure your base day –   How far can you swim non- stop – how long is your resting time – 30 minutes   * Try and double your swim distance – shortened you rest by 10 sec * Swim distance and rest time you did on day 2 | * Figure your base day –   How far can you swim non- stop – how long is your resting time – 30 minutes   * Once you have a distance do sets of that distance resting 1 minute between distances if over 200 yards | * Figure your base day –   How far can you swim non- stop – how long is your resting time – 30 minutes   * Once you have a distance do sets of that distance resting 30 sec between distances if over 200 yards |
| Week 2  Goal for week – 15 laps(30 lengths) | * Increase swim time this week by 10 minutes swim non stop distance and rest time of day 2 * Increase non-stop swim distance by 25 yds.(1 length today) shorten rest by 5 sec * Repeat day 3 of this week | * Increase you swim time this week by 10 minutes * Increase distance swims * Decrease rest by 15 sec. | * Increase you swim time this week by 10 minutes * Increase distance swims * Decrease rest by 10 sec. |
| Week 3  Increase the time you swim this week based on your distance  Goal for week – less rest between laps – 20 laps(40 lengths) | * Add swim time 10 or 15 minutes so you add more yards * Increase your non-stop swim distance by at least 1 length each swim day this week | * Depending on distance you swim break your over all swim distance into 3 continuous swim sets (500 yd. minimum) * If you are not at 1,500 yds. increase your swim time so you reach 1,500 yards * Rest time 1 minute between each set | * Depending on distance you swim break your over all swim distance into 3 continuous swim sets (500 yd. minimum) * If you are not at 1,500 yds. increase your swim time so you reach 1,500 yards * Rest time 1 minute between each set |
| Week 4  Goal for week – 25 laps(50 lengths)  As continuous as you are comfortable with) | * Continue to increase your non-stop swim distance this week – rest times shortened * If using fins – do two practices this week no fins – and check distance swum | * You should be doing 1,500 yds (30 laps) * Break this for swims in 2 continuous swim sets * Do 2 minute rest between sets | * You should be doing 1,500 yds (30 laps) * Break this for swims in 2 continuous swim sets * Do 2 minute rest between sets |
| Week 5  Increase the time you swim this week based on your distance – your goal is 30 laps (60 lengths) | * You should comfortably be doing 25 laps – rest time between laps as you feel comfortable with * Steady swimming is sometimes more comfortable than trying to go fast | * Add you last 6 laps this week * Break your swim into 18 laps sets * Rest 1 minute 30 sec between the two swims | * Add you last 6 laps this week * Break your swim into 18 laps sets * Rest 1 minute 30 sec between the two swims |
| Week 6  Goal 36 laps – working on continuous swimming – You made you mile | * If you aren’t doing 10 laps without rest by now – this should be your goal – short rest just a minute between the 500 yards | * You should be ready this week for a continual 36 lap swim….no rest | * You should be ready this week for a continual 36 lap swim….no rest |
| Week 7  Continue with your 36 laps – as comfortable time to do it will come down – and it will be more continuous | * Continue working on swimming without stopping – now that you’ve reached a mile – you can push for a more continue swim * To break up workout and get a variety you can add fins – or do some kick sets for active rest |  |  |

POINTERS FOR STROKE IMPROVEMENT FOR FREESTYLE(FRONT CRAWL)

* No. 1 concern for proper swim is good body position – body up at surface (like a log) – don’t let legs drop to far under surface to break a straight body – face is in water – eyes looking to bottom of pool – water breaking at the hair line ( problems carrying the head to high pushes legs down – putting whole head under water has water break on shoulders – rather than using head like the bow of a boat.
* Kick – use steady 6 to 8 beat kick – don’t let legs just hang behind you – they are for propulsion – don’t let feet tap against each other kick should be steady and feet separate from each other
* Stroke – body should have a roll from side to side – don’t swim flat on surface – recovery is when arm is in air – it should be relaxed – elbow high, fingers close to body and water – reaching out to water in front of shoulder finger tips sliding into the water (not smacking water) – Pull in water – arm enters water length of arm in front of shoulder – sets to catch the water and pulls along the outer edge of body with arm set in 90 degree position to catch the most water – pulling all the way the length of arm (common error short stroking to around waist and pulling arm out)
* Breathing – head position is important water should hit head at hair line – head is not lifted up from water but rather moves with body as body rolls for stroke – breathing pattern whether every 3, 5 , 7 or more strokes – or bi-lateral breathing every 4 – 6 – 8 strokes – Always exhale air into water on pull on non breathing side so when body rolls and stroke on breathing side is pulling you are inhaling – It’s exhale in water, inhale on pull of stroke
* Swim relaxed – don’t try and muscle your arm recovery out of the water or move your head – head moves with body roll – when arms are recovering they are relaxed through the air – the power – is during the power phase of the arm in the water – finger tips enter the water be careful to not slap the water or hard hand enter the water – think of the fingertips as slipping under a pillow at night
* Don’t Rush – like running verse walking starting out the faster you go the harder to make the distance you want as you will tire – go easy and relaxed you will go further ( not faster ) for longer swims

Feel free to stop and talk with Cindy – or ask to evaluate what you can do to improve her office is on the 2nd floor by the Girls’ and Women’s locker room – email is [cbowe@ymca-austin.org](mailto:cbowe@ymca-austin.org) or phone the Y at 433-1804