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| --- | --- | --- | --- |
| Couch to mile swimmerSwim 3 times per weekBegin with at least 30 minutes – increase work out time week 3To build distance – swim in fins to start | BeginnerSet up 3 days a week to swim | IntermediateSet up 3 days per week to swim | AdvancedSet up 3 days per week to swim |
| Week 1Goal 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 2Goal 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 3Increase the time you swim this week based on your distanceGoal 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 4Goal 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 5Increase 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 6Goal 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 7Continue 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
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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 or phone the Y at 433-1804