



## The training plan

If you are looking to make the most of your time in the pool then it's important to have a clear plan for your swimming, rather than just doing length after length. This training plan was developed by swimming experts at the ASA, Swimfit, powered by British Gas. Swimfit is a free online and pool-side club that provides you with a gym style work-out programme for the pool. [www.swimfit.com](http://www.swimfit.com)

### Key:

**Swim** = Swim using both arms and legs in the usual way

**Pull** = Swim using arms only with pullbuoy tucked between your thighs to support your legs

**Kick** = Swim using your legs only holding a float out front to support your upper body

**No 1 stroke** = Your best stroke

**No 2 stroke** = Your second best stroke

**No 3 stroke** = Your third best stroke

**Week one: Training aids:** None **Session length:** 15 minutes

	Session	Effort	Rest
Warm up	Swim 5 minutes continuous Use different strokes	Easy to moderate	Rest up to 60 seconds
Technique training	Swim 6 x 1 length No 1 Stoke	Moderate	Rest - 20 seconds after each length
Main session	Swim 6 minutes continuous any stroke • Increase speed each length • Count the number of lengths (you will need this number for the next set)	Moderate to quite hard	Let breathing return to normal before the next section
	Swim ? (this is the number from above) x 1 length, same stroke as before	Quite hard	Rest 15 seconds after each length
	Swim - 3 minutes, different stroke than before • Increase speed each length	Moderate to quite hard	Rest - up to 60 seconds
Warm down	Swim - 6 x 1 length any stroke	Easy	

**Week two: Training aids:** Kickboard and Pullbuoy **Session length:** 30 minutes

	Session	Effort	Rest
Warm up	10 lengths continuous Use different strokes	Easy to moderate	Rest up to 60 seconds
Technique training	Kick 4 x 1 length No 1 stroke Pull 4 x 1 length No 1 stroke	Moderate	Rest - 20 seconds after each length
Main session	4 x 1 length No 1 Stroke	Quite hard	Rest 15 seconds ater each length
	2 x 2 lengths No 1 stroke	Quite hard	Rest 15 seconds ater each two lengths
	1 x 4 lengths No 1 stroke	Quite hard	Let your breathing return to normal
Warm down	6 x 1 length any stroke	Easy	



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**Week three: Training aids:** Kickboard and Pullbuoy **Session length:** 30 minutes

	Session	Effort	Rest
Warm up	10 minutes continuous, alternating from front to back	Easy to moderate	Rest up to 60 seconds
Technique training	6 x 1 length No 2 stroke	Moderate	Rest - 20 seconds after each length
Main session	4 x 1 length No 1 Stroke alternate each length between swim, kick, pull, swim	Quite hard	Rest up to 45 seconds after each 4 lengths
	4 x 1 lengths No 1 stroke fast	Hard	Rest 30 seconds after each length
Warm down	4 x 1 length any stroke	Easy	

**Week four: Training aids:** Kickboard and Pullbuoy **Session length:** 30 minutes

	Session	Effort	Rest
Warm Up	Swim - 18 lengths continuous Alternate lengths between backstroke and any stroke on your front	Easy	Up to 60 seconds
Technique	6 x 1 length No1 stroke	Moderate	Rest 20 seconds after each length
Main session	10 minutes continuous - aim to go as far as you can in 10 mins - count and note the lengths covered	Quite hard	Let your breathing return to normal
	Kick - 4 x 1 length No2 stroke Pull - 4 x 1 length No2 stroke Swim - 4 x 2 lengths No2 stroke  Swim - 6 x 2 lengths • 1 length front crawl - 1 length breaststroke • 1 length breaststroke - 1 length backstroke • 1 length backstroke - length front crawl REPEAT	Moderate  Quite hard	Rest 15 seconds after each length/ 2 lengths  Rest 30 seconds after each 2 lengths
Warm Down	Swim - 4 lengths, choice stroke	Easy	



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**Week five: Training aids:** Kickboard and Pullbuoy **Session length:** 30 minutes

	Session	Effort	Rest
Warm Up	Swim - 5 mins continuous • Alternate lengths between backstroke and a stroke on your front	Easy	Rest - up to 60 secs
Technique	Swim - 8 x 1 lengths No3 stroke	Moderate	Rest - 20 secs after each length
Main Set	Swim - 16 lengths continuous No 1 No1 stroke • Change pace each length  Swim - 8 lengths continuous No2 stroke • Change pace each length  Swim - 4 lengths continuous No3 stroke • Change pace each length	Easy to quite hard	Rest - Let your breathing return to normal between sets
	Kick - 4 x 1 length No1 stroke Pull - 4 x 1 length No1 stroke Swim - 4 x 1 length No1 stroke	Moderate	Rest - 15 seconds after each length
	Swim - 10 x 2 lengths No1 stroke	Quite hard	Rest 20 seconds after each 2 length swim
Warm Down	Swim - 8 lengths, choice stroke	Easy	

**Week six: Training aids:** Kickboard and Pullbuoy **Session length:** 30 minutes

	Session	Effort	Rest
Warm up	Swim to Kick to Pull to Swim 16 lengths continuous front crawl • Alternate lengths between Swim, Kick, Pull, Swim	Easy to Moderate	Rest - up to 60 secs
Technique	Swim - 6 x 1 length No1 stroke	Moderate	Rest - 20 secs after each Length
Main session	Swim - 10 x 2 lengths Use the same stroke as session 4 (10 min swim)	Quite hard	Rest - 20 secs after each 2 length swim
	Swim - 8 lengths No2 stroke • Change speed each length fast to slow	Quite hard	Rest - Let breathing return to normal before starting next Length
	Swim - 8 x 1 length FAST No1 stroke	Hard to maximum	Rest - Let breathing return to normal before starting next set
Warm down	Swim - 12 lengths continuous, alternating strokes	Easy	



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**Week seven: Training aids:** None **Session length:** 30-40 minutes

	Session	Effort	Rest
Warm up	Swim - 24 lengths continuous as: • 12 lengths No1 stroke • 8 lengths No2 stroke • 4 lengths No3 stroke	Easy to Moderate	Rest - up to 60 seconds
Technique	Drill - 12 x 1 lengths front crawl or backstroke Drill - 12 x 1 length breaststroke	Moderate	Rest - 15 seconds after each length
Main session	Swim - 8 x 3 lengths as: • 1 length backstroke, 1 length breaststroke and 1 length front crawl	Quite Hard	Rest - 30 seconds after each 3 length swim
	Swim - 10 x 1 lengths FAST No1 stroke	Hard to maximum	Rest - 30 seconds after each length
Warm down	Drill - 8 lengths continuous Choice drill and stroke	Easy	

**Week eight Training aids:** None **Session length:** 30 - 40 minutes

	Session	Effort	Rest
Warm up	Swim - 500m or 20 lengths continuous front crawl	Easy to Moderate	Rest - up to 60 seconds
Technique	Swim - 6 x 1 length No1 stroke	Moderate	Rest - 20 seconds after each length
Main session	Swim - 6 minutes continuous, any stroke • Change speed each length • Count the number of lengths and remember for the next set*	Moderate to Quite Hard	Rest - Let your breathing return to normal prior to starting next part
	Swim - ? x 1 length, same stroke as above (? = * the amount of lengths swam in previous set)	Quite Hard	Rest - 15 seconds after each length
	Swim - 3 minutes continuous, different stroke than the previous set • Change speed each length	Moderate to Quite Hard	Rest - up to 60 seconds
Warm down	Swim - 6 x 1 length, choice stroke	Easy	



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**Week nine: Training aids:** None **Session length:** 30-40 minutes

	Session	Effort	Rest
Warm up	Swim - 5 minutes continuous, alternate lengths between front crawl and backstroke	Easy	Rest - up to 60 seconds
Technique	Swim - 10 x 1 length No3 stroke Swim - 10 x 1 length No2 stroke	Moderate	Rest - 15 seconds after each length
Main session	Swim - 20 lengths continuous No1 stroke alternating one length fast and one length slow	Moderate to Quite Hard	Rest - up to 60 seconds
	Swim - 12 lengths continuous No2 stroke alternating one length fast and one length slow	Moderate to Quite Hard	Rest - up to 60 seconds
	Swim - 3 minutes continuous No3 stroke alternating one length fast and one length slow	Quite Hard to Hard	Rest - up to 60 seconds
Warm down	Swim - 6 lengths continuous choice of stroke	Easy	

**Week ten: Training aids:** None **Session length:** 30-40 minutes

	Session	Effort	Rest
Warm up	Swim - 16 lengths continuous front crawl alternating each length as swim, kick, pull, swim	Easy to moderate	Rest - up to 60 seconds
Technique	Swim - 10 x 1 length No1 stroke Swim - 10 x 1 length No2 stroke	Moderate Moderate	Rest - 15 seconds after each length
Main session	Swim - 8 x 4 lengths alternating each length between front crawl and breaststroke	Quite hard to hard	Rest - 20 seconds after each 4 lengths
	Swim - 8 x 2 lengths No1 stroke	Hard	Rest - 30 seconds after each 2 lengths
Warm down	Swim - 6 x 1 length choice stroke	Easy	



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**Week eleven: Training aids:** None **Session length:** 30-40 minutes

	Session	Effort	Rest
Warm up	Swim - 16 lengths continuous as: <ul style="list-style-type: none"> <li>• 8 lengths No1 stroke</li> <li>• 4 lengths No2 stroke</li> <li>• 4 lengths No3 stroke</li> </ul>	Easy to moderate	Rest - up to 60 seconds after each section
Technique	Kick - 4 x 1 length No1 stroke Pull - 4 x 1 length No1 stroke Swim - 4 x 1 length No1 stroke	Moderate	Rest - 15 seconds after each length
Main session	Swim - 8 x 3 lengths as: 1 length front crawl, 1 length breaststroke, 1 length backstroke	Quite hard	Rest - 30 seconds after each 3 lengths
	Swim - 8 x 1 lengths No1 stroke	Hard	Rest - allow breathing to return to normal after each length
Warm down	Swim - 6 lengths continuous choice stroke	Easy	

**Week twelve: Training aids:** None **Session length:** 30-40 minutes

	Session	Effort	Rest
Warm up	Swim - 20 lengths continuous: 1 length front crawl, 1 length breaststroke, 2 lengths front crawl, 1 length breaststroke, 3 lengths front crawl, 1 length breaststroke	Easy to moderate	Rest - up to 60 seconds
Technique	Swim - 8 x 1 length No3 stroke Kick - 4 x 1 length No3 stroke Pull - 4 x 1 length No3 stroke	Moderate to quite hard	Rest - 15 seconds after each length
Main session	Swim - 10 minutes continuous No1 stroke, aim to swim as far as possible <ul style="list-style-type: none"> <li>• Count the number of lengths</li> </ul>	Quite hard to hard	Rest - until your breathing returns to normal
	Swim - 1 x 1 length 1 x 2 lengths 1 x 3 lengths 1 x 4 lengths All no2 stroke	Hard	Rest - 20 seconds after each swim
Warm down	Swim - 8 lengths combining the arms of one stroke and the legs of another	Easy	