

**LEVEL 1 WORKOUTS - ASSUME YOU CAN SWIM BUT NEED LOTS OF REST AND SHORT SETS. IF YOU ARE BEYOND THIS LEVEL MOVE UP TO LEVEL 2 IN PLACE OF LEVEL 1 WORKOUTS.**

REST 1 TO 2 MINUTES BETWEEN SETS AT EACH LINE BREAK

1A	550 yards	1E	650 yards
4 x 50 easy on :20 (seconds rest)		100 easy swim	
100 kick with a kickboard		100 easy kick	
4 x 50 steady on :20		4 x 50 drills on :15-20	
50 easy		4 x 50 swim on :20-30	
		50 easy	
1B	650 yards	1F	650 yards
200 easy, break as needed		200 easy	
2 x 50 drills your choice on :20		2 x 50 kick on :15	
6 x 50 steady on :30		3 x 100 steady on :20	
50 easy		50 cooldown	
1C	650 yards		
4 x 50 easy on :30			
4 x 50 drills on :30			
4 x 50 moderate effort on :30			
50 easy			
1D	750 yards		
4 x 50 easy on :20			
100 kick with kickboard			
4 x 50 drills on :20			
200 steady straight			
50 easy			

**LEVEL 2 WORKOUTS - ASSUME THE ABOVE WORKOUTS ARE NOT A PROBLEM FOR YOU AND YARDAGE GOES TO 1,000 TO 1,500 PER WORKOUT**

2A	1,050 yards	2E	1,500 yards
200 easy		300 easy	
4 x 50 drills choice on :20		4 x 50 kick on :15	
4 x 50 kick on :20		4 x 50 drill on :20	
4 x 100 steady effort on :20		4 x 150 as 100 steady, 50 fast on :30	

50 easy

200 easy

2B 1,200 yards

6 x 50 easy on :15

100 kick

6 x 100 descend 1-3 and 4-6 on :20-30

200 easy

2C 1,100 yards

300 easy

100 kick

3 x 200 negative split on :45

100 easy

2D 1,300 yards

200 easy

4 x 50 drills on :20

2 x 400 steady on 1:00

100 easy

**LEVEL 3 WORKOUTS - ASSUME YOU CAN ACCOMPLISH THE ABOVE WORKOUTS  
WITH LITTLE DIFFICULTY - YARDAGE GOES TO 1,500 TO 2,000 PER WORKOUT**

3A 1,500 yards

400 easy

4 x 50 kick on sides on :15

6 x 50 drill on :10

5 x 100 steady on :10

100 easy

3B 1,600 yards

4 x 100 easy on :15

4 x 50 kick on :10

6 x 50 drills (catchup, Powerstroke) on :20

6 x 100 steady mid Z2, #3 and 6 Z3 on :20

100 cooldown

3C 1,800 yards

5 x 100 easy on :15

4 x 50 kick on :10

5 x 200 negative split on :20, pull 2 or 3 of them  
100 cooldown

3D 1,500 yards

400 easy

4 x 50 kick on :15

8 x 100 as 2 easy, 2 moderate on :15

100 easy

3E 2,000 yards

500 easy

4 x 50 kick on :15

12 x 100 desc 1-4, 5-8, 9-12, pull 1 round on :15

100 cooldown

### **Strength training options**

*Recommend you visit a personal trainer to establish your starting point*

*If in doubt of the correct form, do not attempt!*

Strength training suggestions: all at easy or light effort (relatively low weight)

until you're used to/into a routine for 3-4 weeks

Session 1 - general focus - 1 or 2 sets of 10-15 repetitions with 1-2 minute rest between each

lat pulldowns (2 x 12)

leg press (3 x 10 light)

back machine (2x10-15)

oblique crunches or machine twist (40 per side or 20 total on machine)

calf raises (toes straight, toes in, toes out) 1 x 10 each

1 cont. regular situps (2 x 10-20)

tricep extensions (2-3x12)

additional core work of some sort (swedish ball, bodyweight resistance, etc)

Session 2 - leg focus - 1 or 2 sets of 10-15 repetitions

quad extensions (3 x 8-12)

situps (50 crunches or equivalent)

hip machines or bands - abductors, adductors 2x10

bicep curls (2x10 light)

hamstring curls (2x10-12)

more situps or medicine ball rolls (2 x 8)

calf raises (toes straight-in-out 3x15-20 total)

bench press (1-2 light sets)

### Session 3 - core focus

wm up 10-15min jog or spin  
swedish ball rolls (pull feet in towards body) 2 x 10  
superman back exercise or machine (2x10)  
oblique crunches or machine twist  
lunges (just bodyweight), 2 x 6-8 per leg  
incline situps (start with gentle incline and 2 x 8-15 depending on how tough it is)  
hip machine easy if you have time at the end (1-2x12 per area light weight)  
*Pilates and/or Yoga or equivalent are also good substitutes*

### Home strength routines that can be done in place of sessions 1 and 2

- 1 Core strength routine:  
planks (push up position) knee down optional - 30 sec front / left side / right side  
5-10 pushups (tricep focus)  
on side - top leg raises x 20 / bottom leg x 20 / flip sides and repeat  
50-100 crunches  
5-10 x bridges - extend alt legs (advanced only)  
5-10 pushups (pec focus)  
advanced include 2 x 10-15 standing squats then repeat planks
  
- 2 this is a core strength circuit, 1-3 x through depending  
10-12 standing squats (bodyweight only)  
25 crunches (on exercise ball)  
plank position 30sec-1min  
10 pushups  
calf raises 10-15                      superman back - opposite arm/leg x 5-10  
left plank 30 sec-1min              20 side crunches (both)  
right plank 30 sec-1min