

GET A PLAN

Lap swimming is far more productive (and a whole lot more fun) when you have a training plan, such as this beginner-friendly one designed by SISSA'S Kim Woolrich

A BEGINNER'S SWIMMING WORKOUT

Option 1

800m

Warm-up

100m any stroke
2 x 25m one-arm
25m freestyle (anything)
2 x 25m catch-up
25m freestyle

Main

4 x 25m kick
25m freestyle
8 x 25m high effort with
30 seconds rest

Cool-down

100m any stroke

Option 2

900m

Warm-up

100m any stroke
3 x 25m one-arm drill
25m freestyle
25m catch-up
25m freestyle

Main

4 x 50m medium effort
with 45 seconds rest
4 x 50m high effort with
one minute rest

Cool-down

100m any stroke

Option 3

1km

Warm-up

100m any stroke
4 x 25m drill
25m freestyle
25m kick, 25m catch-up
25m freestyle

Main

4 x 100m medium effort
with one minute rest
4 x 25m high effort with
30 seconds rest

Cool-down

100m any stroke

Option 4

1km

Warm-up

200m any stroke
4 x 25m kick
50m freestyle
4 x 25m building up
speed

Main

50m, 100m, 50m
medium-high effort
with 45 seconds rest
in between

Cool-down

100m any stroke

Option 5

1.2km

Warm-up

200m any stroke
4 x 25m kick
50m freestyle
25m kick

Main

5 x 100m medium-high
effort with 45 seconds
rest in between

Cool-down

100m any stroke

Option 6

1.5km

Warm-up

200m any stroke
4 x 25m drill
50m freestyle
25m kick, 25m catch-up
25m freestyle

Main

2 x 200m medium effort
with one minute rest
4 x 100m high effort
with 45 seconds rest

Cool-down

100m any stroke

Long Distance Swimming Training Plan By Kate Vines

Jabez Wolffe, Jappy Wolffe



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