

BEGINNERS' SWIMMING TRAINING PROGRAMME



If you can swim, but you need motivation to shake things up, then this programme can help you add variety to your swimming training. Please note this is not a programme to learn to swim.

GENERAL INSTRUCTIONS

- Warm up and cool down
- After cooling down, do some stretching
- Each week has pace guidelines to assist you in adjusting your speed as your fitness improves.

GUIDELINES

- Do two to three sessions each week (approximately 60 – 70 minutes)
- Aim for a distance of 700 m to 1000 m at each session
- In a 25 m swimming pool, 25 m = 1 length, 50 m = 2 lengths, and 100 m = 4 lengths
- Always get medical clearance before starting on any exercise programme.

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THE PROGRAMME

WEEK 1

WARM UP

100 m

- 4 lengths continuous freestyle or breaststroke at an easy pace

100 m

- 2 lengths continuous freestyle
- 2 lengths kicking freestyle or breaststroke at an easy pace

DRILLS

200 m

Drills with flippers:

- 4 x 50 m [200 m] (one arm freestyle drill with alternate arms each length)
- Rest for 20 seconds between repeats

350 m

Kicking:

- 4 x 50 m [200 m] (alternate freestyle kicking on front/side and back, using flippers)
- Rest for 20 seconds between drills
- 6 x 25 m [150 m] fingertip drag drill
- Rest 15 seconds between each set

MAIN SET

400 m

- 4 x 75 m [300 m] freestyle at moderate pace
- Rest for 30 seconds between repeats
- 4 x 25 m [100 m] bilateral breathing:
 - 1st length breathe every 3rd stroke
 - 2nd length breathe every 5th stroke
 - 3rd length breathe every 7th stroke
 - 4th length breathe every 3rd stroke
- Start each repeat on 60 seconds

300 m

- 6 x 50 m [300 m] freestyle alternating between a moderate and hard pace (25 m moderate/25 m hard)
- Start each 50 m repeat at 2-minute intervals

COOL DOWN

100 m Easy pace

PACE GUIDELINES

25 m

- Easy: 35 – 40 seconds
- Moderate: 30 – 34 seconds
- Hard: 25 – 29 seconds

50 m

- Easy: 70 seconds
- Moderate: 65 seconds
- Hard: 55 – 60 seconds

100 m

- Easy: 2 minutes 30 seconds
- Moderate: 2 minutes 15 seconds
- Hard: 2 minutes – 2 minutes 10 seconds

WEEK 2

WARM UP

100 m

- 4 lengths continuous freestyle or breaststroke at an easy pace

100 m

- 2 lengths continuous freestyle
- 2 lengths kicking freestyle or breaststroke at an easy pace

100 m

- 2 lengths freestyle
- 2 lengths kicking freestyle or breaststroke at an easy pace

DRILLS

300 m

Kicking:

- 200 m continuous freestyle with flippers and board
- 100 m freestyle (catch up drill using board and flippers)

300 m

- 8 x 25 m [200 m] starting each repeat on 60 seconds (25 m right arm freestyle/25 m left arm freestyle/25 m full stroke freestyle/25 m full stroke backstroke), repeat

Kicking:

- 100 m continuous with flippers

300 m

Drills with flippers continuous:

- 100 m fingertip drag drill
- 100 m freestyle kicking on side and
- 100 m fingertip drag drill

MAIN SET

400 m

- 4 x 75 m [300 m] progressive freestyle
- Rest for 30 seconds between
- Increase pace from easy to hard
- Followed by:
 - 4 x 25 m [100 m] bilateral breathing:
 - 1st length breathe every 3rd stroke
 - 2nd length breathe every 5th stroke
 - 3rd length breathe every 7th stroke
 - 4th length breathe every 3rd stroke
- Start each repeat on 60 seconds

300 m

- 6 x 50 m alternating 25 m easy/25 m hard
- Start each 50 m repeat at 2 minutes intervals

450 m

- 6 x freestyle (25 m hard/50 m easy)
- Rest for 15 seconds between lengths and then 30 seconds between sets

COOL DOWN

50 m Easy pace

100 m Easy pace

50 m Easy pace

PACE GUIDELINES

25 m

- Easy: 19 – 22 seconds
- Moderate: 17 – 18 seconds
- Hard: 14 – 16 seconds

50 m

- Easy: 45 seconds
- Moderate: 40 – 44 seconds
- Hard: 32 – 38 seconds

100 m

- Easy: 1 minute 30 seconds – 1 minute 40 seconds
- Moderate: 1 minute 25 seconds – 1 minute 30 seconds
- Hard: 1 minute 12 seconds – 1 minute 20 seconds

WEEK 3

WARM UP

100 m

- 4 lengths continuous freestyle or breaststroke at an easy pace

100 m

- 2 lengths continuous freestyle
- 2 lengths kicking freestyle or breaststroke at an easy pace

DRILLS

300 m

Kicking:

- 6 x 25 m [150 m] (freestyle kicking back and side)

Drills:

- 6 x 25 m [150 m] (one arm freestyle)

400 m

Drills with flippers:

- 12 x 25 m [300 m] (4 x 25 m freestyle with fists 4 x 25 m one arm drills 4 x 25 m fingertip drag)
- Start each repeat at 45-second intervals

Kicking:

- 4 x 25 m [100 m] butterfly/freestyle at hard pace and 60-second intervals

MAIN SET

400 m

- 100 m individual medley or freestyle
- Rest for 15 seconds
- 50 m breaststroke
- Rest for 15 seconds
- 50 m freestyle
- Rest for 40 seconds
- Repeat set – all at a moderate pace
- Followed by:
 - 4 x 25 m [100 m] (25 m easy/25 m hard)

300 m

- 4 x 75 m [300 m] freestyle at a moderate pace
- Rest for 30 seconds between sets

COOL DOWN

50 m Easy pace

100 m Easy pace

PACE GUIDELINES

25 m

- Easy: 19 – 22 seconds
- Moderate: 17 – 18 seconds
- Hard: 14 – 16 seconds

50 m

- Easy: 45 seconds
- Moderate: 40 – 44 seconds
- Hard: 32 – 38 seconds

100 m

- Easy: 1 minute 30 seconds – 1 minute 40 seconds
- Moderate: 1 minute 25 seconds – 1 minute 30 seconds
- Hard: 1 minute 12 seconds – 1 minute 20 seconds

WEEK 4

WARM UP

200 m

- 75 m freestyle
- 25 m backstroke
- Rest for 30 seconds and repeat
- All at an easy pace

100 m

- 4 lengths continuous freestyle or breaststroke
- All at an easy pace

100 m

- 2 lengths continuous freestyle
- 2 lengths kicking freestyle or breaststroke at an easy pace

DRILLS

300 m

Kicking:

- 2 x 50 m [100 m] Rest for 20 seconds (freestyle kicking with board)
- 100 m freestyle swim

Kicking:

- 2 x 50 m [100 m] Rest for 20 seconds (freestyle kicking with board)

300 m

Drills with flippers:

300 m continuous as:

- 100 m fingertip drag drill, 100 m freestyle kicking on side and 100 m fingertip drag drill

400 m

- 2 x 25 m breaststroke
- 2 x 25 m backstroke
- 2 x 25 m freestyle
- Rest 15 seconds between lengths and 30 seconds between sets
- Repeat twice [300 m]

Then do main set

Kicking:

- 100 m continuous freestyle kicking with flippers

MAIN SET

400 m

- 6 x 50 m [300 m] freestyle (alternate 25 m moderate pace/25 m hard pace)
- Start each 50 m repeat on 2-minute intervals

Followed by:

- 4 x 25 m fast pace [100 m]

450 m

- 6 x 75 m freestyle mixed pace (25 m hard pace/ 50 m easy pace)
- Rest for 15 seconds between lengths and 30 seconds between sets

300 m

- 6 x 50 m (25 m easy pace / 25 m hard pace)
- Start on 2-minute intervals

COOL DOWN

100 m Easy pace

50 m Easy pace

100 m Easy pace

PACE GUIDELINES

25 m

- Easy: 19 – 22 seconds
- Moderate: 17 – 18 seconds
- Hard: 14 – 16 seconds

50 m

- Easy: 45 seconds
- Moderate: 40 – 44 seconds
- Hard: 32 – 38 seconds

100 m

- Easy: 1 minute 30 seconds – 1 minute 40 seconds
- Moderate: 1 minute 25 seconds – 1 minute 30 seconds
- Hard: 1 minute 12 seconds – 1 minute 20 seconds

WEEK 5

WARM UP

200 m

- 75 m freestyle
- 25 m backstroke
- Rest for 30 seconds and repeat
- All at an easy pace

100 m

- 2 lengths continuous freestyle
- 2 lengths kicking freestyle or breaststroke
- All at an easy pace

DRILLS

300 m

Kicking:

- 200 m freestyle (continuous with flippers using board)
- 100 m freestyle (catch up drill using board and flippers)

400 m

- 3 x (25 m right arm freestyle, 25 m left arm freestyle, 25 m full stroke freestyle, 25 m full stroke back stroke) [300 m] Start at 45-second intervals

Kicking:

- 100 m continuous with flippers

MAIN SET

400 m

- 4 x 75 m [300 m] progressive freestyle
- Increase pace from easy to hard
- Rest for 30 seconds between 75 m repeats
- 4 x 25 m [100 m] bilateral breathing:
 - 1st length breathe every 3rd stroke
 - 2nd length breathe every 5th stroke
 - 3rd length breathe every 7th stroke
 - 4th length breathe every 3rd stroke
- Start each repeat on 60 seconds

300 m

- 6 x 50 m [300 m] (25 m easy pace/25 m hard pace)
- Start on 2-minute intervals

COOL DOWN

50 m Easy pace

100 m Easy pace

PACE GUIDELINES

25 m

- Easy: 19 – 22 seconds
- Moderate: 17 – 18 seconds
- Hard: 14 – 16 seconds

50 m

- Easy: 45 seconds
- Moderate: 40 – 44 seconds
- Hard: 32 – 38 seconds

100 m

- Easy: 1 minute 30 seconds – 1 minute 40 seconds
- Moderate: 1 minute 25 seconds – 1 minute 30 seconds
- Hard: 1 minute 12 seconds – 1 minute 20 seconds

WEEK 6

WARM UP

200 m

- 75 m freestyle
- 25 m backstroke
- Rest for 30 seconds and repeat
- All at an easy pace

100 m

- 2 lengths continuous freestyle
- 2 lengths kicking freestyle or breaststroke
- All at an easy pace

100 m

- 4 lengths continuous freestyle or breaststroke
- All at an easy pace

DRILLS

200 m

Drills with flippers:

- 4 x 50 m [200 m] (one arm freestyle drill alternating arms each length)
- Rest for 20 seconds between repeats

400 m

Kicking:

- 4 x 25 m [100 m] (freestyle with board)
- Rest for 20 seconds between repeats

Drills with flippers:

- 3 x 100 m [300 m] (one arm freestyle, fists, and fingertip drag drills)
- Rest for 20 seconds between 100 m repeats

200 m

Kicking:

- 100 m continuous (freestyle kick on back/side with flippers)
- 4 x 25 m [100 m]: catch-up freestyle with board

MAIN SET

500 m

- 4 x 75 m [300 m] freestyle at moderate pace
- Rest for 30 seconds between sets
- Followed by:
 - Hypoxic set 200 m 4 x 25 m
 - 1st length breathe every 3rd stroke
 - 2nd length breathe every 5th stroke
 - 3rd length breathe every 7th stroke
 - 4th length breathe every 3rd stroke
- Repeat set twice
- Rest for 45 seconds between lengths and 60 seconds between sets

400 m

- 100 m individual medley or freestyle
- 50 m breast stroke
- 50 m freestyle

- Repeat twice
- Rest for 15 seconds between lengths and 40 seconds between sets
- All at a moderate pace

600 m

- 6 x 50 m [300 m] freestyle (25 m moderate /25 m hard pace)
- Start on 2-minute intervals
- Hypoxic set 300 m
- 4 x 25 m
 - 1st length breathe every 3rd stroke
 - 2nd length breathe every 5th stroke
 - 3rd length breathe every 7th stroke
 - 4th length breathe every 3rd stroke
- Repeat set 3 times
- Rest for 45 seconds between lengths and 60 seconds between sets

COOL DOWN

100 m Easy pace

100 m Easy pace

100 m Easy pace

PACE GUIDELINES

25 m

- Easy: 19 – 22 seconds
- Moderate: 17 – 18 seconds
- Hard: 14 – 16 seconds

50 m

- Easy: 45 seconds
- Moderate: 40 – 44 seconds
- Hard: 32 – 38 seconds

100 m

- Easy: 1 minute 30 seconds – 1 minute 40 seconds
- Moderate: 1 minute 25 seconds – 1 minute 30 seconds
- Hard: 1 minute 12 seconds – 1 minute 20 seconds