

## 2021 BEGINNER TO TRIATHLETE TRAINING PLAN (SWIM WORKOUTS)



	Warm-Up:	Main Set:	Warm-Down:
<b>AEROBIC SWIM #1 / 750m</b>	2 x 50m swim freestyle – 30 seconds rest (after each round) 2 x 50m kick freestyle (hold a kickboard and use only your legs) – 30 seconds rest 2 x 50m pull freestyle (place a pull-buoy between your legs and use only your arms) – 30 seconds rest	1 x 50m swim freestyle steady pace – 30 seconds rest 1 x 25m swim freestyle fast pace – 45 seconds rest. 1 x 50m swim freestyle steady pace – 30 seconds rest 1 x 25m swim freestyle fast pace  2x100m freestyle easy pace - 45 seconds rest between each	2 x 25 kick with kickboard - 30s recovery 2 x 25 freestyle swim easy - 30s recovery
<b>AEROBIC SWIM #2 / 850m</b>	2 x 50m swim freestyle – 30 seconds rest (after each round) 2 x 50m pull freestyle (place a pull-buoy between your legs and use only your arms) – 30 seconds rest	3 x 100m swim freestyle steady pace – 30 seconds rest between 60s extra rec 4 x 50m swim freestyle steady pace – 30 seconds rest between 60s extra rec 6 x 25m swim freestyle steady pace – 30 seconds rest between (using as warm-down)	6 x 25m swim freestyle steady pace – 30 seconds rest between
<b>AEROBIC SWIM #3 / 900m</b>	2 x 50m swim freestyle – 30 seconds rest (after each round) 2 x 50m pull freestyle (place a pull-buoy between your legs and use only your arms) – 30 seconds rest.	1 x 200m swim freestyle steady pace – 30 seconds rest between 4 x 25m freestyle descend 1-4 (1 easy, through to 4th hard) - 30seconds rest between  2 x 100m swim freestyle steady pace – 30 seconds rest between 4 x 25m freestyle descend 1-4 (1 easy, through to 4th hard) - 30seconds rest between	2 x 50m freestyle steady pace - 30 seconds rest between
<b>AEROBIC SWIM #4 / 900m</b>	100m swim freestyle - 30 seconds rest 4 x 25m kick with kickboard - 30 seconds rest	4 Sets - continue straight back into the next set 1 x 100m swim freestyle steady pace - 20 seconds rest between 1 x 50m swim freestyle build (building pace through the 50m, to a hard effort at the end) - 30 seconds rest between	4 x 25m swim freestyle, focussing on good technique and form - 30 seconds rest between
<b>AEROBIC SWIM #5 / 950m</b>	100m swim freestyle – 30 seconds rest 2 x 50m pull freestyle (place a pull-buoy between your legs and use only your arms) – 30 seconds rest	2x100m swim freestyle steady pace – 30 seconds rest 2x100m pull freestyle steady pace – 30 seconds rest 4x25m kick steady pace – 20 seconds rest  100m swim freestyle steady pace – 30 seconds rest 100m pull freestyle steady pace – 30 seconds rest	2x25m kick steady pace – 20 seconds rest
<b>AEROBIC SWIM #6 / 1200m</b>	1 x 100m swim freestyle - 30 seconds rest 4 x 25m kick with kickboard - 30 seconds rest	2 x 200m swim freestyle steady pace - 30 seconds rest 3 x 100m swim freestyle steady pace - 30 seconds rest 4 x 50m swim freestyle steady pace - 30 seconds rest	4 x 25m swim freestyle, focussing on good technique and form - 30 seconds rest between
<b>AEROBIC SWIM #7 / 750m (Easier Week)</b>	4 x 25m swim freestyle - 20 seconds rest 2 x 25m kick with kickboard - 20 seconds rest	1 x 50m kick with kickboard - 20 seconds rest 1 x 100m pull freestyle - 20 seconds rest 1 x 200m swim freestyle - 20 seconds rest 1 x 100m pull freestyle - 20 seconds rest 1 x 50m kick with kickboard - 20 seconds rest	1 x 100m swim freestyle, focussing on good technique