

2021 BEGINNER TO TRIATHLETE TRAINING PLAN (SWIM WORKOUTS)



	Warm-Up:	Main Set:	Warm-Down:
<b>AEROBIC SWIM #8 / 1100m</b>	1 x 100m swim freestyle - 20 seconds rest 4 x 25m swim freestyle, descending 1-4 (rep 1 easy, rep 2 a little faster, etc) - 30 seconds rest	1 x 400m swim freestyle steady pace - 30 seconds rest 2 x 200m swim freestyle steady pace - 30 seconds rest	1 x 100m swim freestyle, focussing on good technique
<b>AEROBIC SWIM #9 / 1200m</b>	1 x 200m swim freestyle steady pace - 20 seconds rest 4 x 25m kick with kickboard - 20 seconds rest	8 x 100m - 20 seconds rest 1-2) pull 3-4) swim freestyle 5-6) kick with kickboard 7-8) swim freestyle	4 x 25m swim freestyle, focussing on good technique and form - 30 seconds rest between
<b>AEROBIC SWIM #10 / 1300m</b>	1 x 100m swim freestyle - 20 seconds rest 1 x 100m pull - 20 seconds rest 1 x 100m kick with kickboard - 20 seconds rest 2 x 50m swim freestyle, build to hard effort by the final 10m of each 50m - 20 seconds rest	2 x 400m swim freestyle steady pace - 40 seconds rest between Focus on holding good form, and keeping your stroke rate the same throughout	4 x 25m kick with kickboard - 20 seconds rest
<b>AEROBIC STRENGTH SWIM #11 / 1300m</b>	1 x 200m swim freestyle steady pace - 20 seconds rest 2 x 100m pull - 20 seconds rest between	16 x 50m swim freestyle, descending pace 1-4 - 30 seconds rest Rep 1 easy, through to Rep 4 at a hard effort. Repeat through 4 times	1 x 100m pull - 20 seconds rest 1 x 100m swim freestyle
<b>AEROBIC SWIM #12 / 1300m</b>	1 x 100m swim freestyle steady pace - 20 seconds rest 1 x 100m pull - 20 seconds rest 1 x 100m kick with kickboard - 20 seconds rest 2 x 50m swim freestyle, build to hard effort by the final 10m of each 50m - 20 seconds rest	8 x 100m swim freestyle steady pace, with short recovery - 10-15 seconds rest between	4 x 25m swim freestyle, focussing on good technique and form - 30 seconds rest between
<b>AEROBIC STRENGTH SWIM #13 / 1400m</b>	1 x 200m swim freestyle steady pace - 20 seconds rest 2 x 50m kick with kickboard - 20 seconds rest between	1 x 500m swim freestyle steady pace - 30 seconds rest 2 x 250m pull steady pace - 30 seconds rest	4 x 25m kick with kickboard - 20 seconds rest
<b>AEROBIC SWIM #14 / 800m</b>	2 x 50m swim freestyle steady pace - 20 seconds rest 2 x 50m pull steady pace - 20 seconds rest 2 x 50m kick with kickboard - 20 seconds rest	3 x 100m swim freestyle steady pace, with 10 strokes hard at the start of each 100m - 30 seconds rest 2 x 50m kick with kickboard - 20 seconds rest 2 x 50m pull - 20 seconds rest	4 x 25m swim freestyle, focussing on good technique and form - 30 seconds rest between