

Off-Season Swim Training

Warmup (W)	Kick-Sets (K)	Pull Sets (P)	Swim Sets (S)
500 S-K-P	6 X 100 on :20 rest	6 X 100 on :10 rest	10 X 100 on :15 rest - o/IM, e/free
200 S-K-I-P	500 K - Build	8 X 50 on :10 rest	6 X 500 descend in 3's, :15 rest
1000 S	8 X 50 BBF/Free :15	4 X 200 :20 rest	8 X 50 IM order/Free, :10 rest
300 S-K-P	8 X 25 on :10 rest	2 X 500 on :30 rest	8 X 200 2-:20 rest, 2-:15, 2-:10, 2-:05
400 S-K-P	6 X 75 on :10 rest	8 X 50 on :15 rest	8 X 50 on :15 rest
200 S-K-I-P-S	4 X 200 Free/BBF :15	500 P - Build	10 X 100 on :05 rest
6 X 100 free :30 rest	8 X 100 IM (no board) :15	6 X 75 on :15 rest	8 X 125 on :10 rest
500 S	8 X 25 underwater :15	8 X 100 on :15 rest	8 X 75 on :10 rest
800 S	6 X 50 flutter - on side :10	8 X 25 on :10 rest	6 X 300 on :20 rest
100 S-K-I-P-S	12 X 50 on :15 rest	5 X 300 on :25 rest	12 X 25 IM odds/IM order; evens/free

Try to swim a warmup, a kick set, a pull set and a swim set during every workout. Mix and match to sets for the suggested yardage. For example - 3,000 yards could be: 500 S, 6 X 100 Kick, 8 X 75 pull, 2 X 500 Swim, 300 cooldown

Approximate Pace: :05-:10 rest = Hard; :15-:20 = Moderate/Moderate Hard; :25-:30 = Easy (unless otherwise indicated)

The sets given are merely suggestions - mix up the strokes. Be sure to work in best besides freestyle, turns, drills, etc. If you need drill suggestions, please contact me.

Always warm up and cool down! Mix it up so you don't get bored. Make up your own sets - be creative. :)

Ideally, it would be best to swim 2-3 times a week. However, I know schedules are tight and it isn't easy to find a pool. Here is a suggested schedule. Adjust it to your schedule. For example: instead of Monday/Wednesday/Friday, adjust it to Week 1/Week 2/Week 3. You know your schedule better than I do. If you follow this schedule, you'll be more than ready for the first day of swim camp/practice!!

Weeks 1 - 3: Monday - 2,000 yards; Wednesday - 3,500; Friday - 3,000

Weeks 4 - 6: Monday - 2,500; Wednesday - 3,000; Friday - 4,000

Weeks 7 - 9: Monday - 4,000; Wednesday - 5,000; Friday - 4,500

Weeks 10 - 12: Monday - 5,000; Wednesday - 3,000; Friday - 4,000

Weeks 13 - 15: Monday - 5,000; Wednesday - 4,500; Friday - 5,000

Weeks 16 - 18: Monday - 4,000; Wednesday - 3,000; Friday - 5,000

Weeks 19 - 21: Monday - 4,500; Wednesday - 5,000; Friday - 5,000

Weeks 22 - 24: Monday - 5,500; Wednesday - 6,000; Friday - 5,000

Weeks 25 - 28: Monday - 5,000; Wednesday - 5,500; Friday - 6,000

Weeks 29 - 32: Monday - 5,500; Wednesday - 4,500; Friday - 4,000