



**U.S. MASTERS
SWIMMING**

21DAYS

TO

**SWIMMING
STRONGER**

ACTION

Training on your own commands respect!

Truth be told, it can come with its own set of challenges. Are you pushing yourself in the right ways at the right time to see the results you desire? Are your workouts dynamic? Do they make sense and match your swim experience? Let's face it, our minds wander in the water as the monotony of swimming laps back and forth sets in. Staying focused isn't easy. You may have even fallen into bad stroke and kicking habits without even fully realizing it. This program is more than lap swimming done right; it's about progressing your freestyle stroke to gain the best results for you and your body as you continue your swim training.

Swimming correctly takes a unified effort and while most of your time is spent in the water during this program, we strongly believe in a balanced approach to improving. This is why we have incorporated recovery days as well as exercises that support your efforts in the pool to swim stronger. We hope you enjoy this freestyle-focused program and find it challenging in all the right areas.

TRAIN

The meat of the workouts are in the Set. We outline Warm-up and Cool-down as well because both are very important in physical activity. We recognize that each of you know your own body and how to best prepare it with a warm-up for a workout and cool-down from a workout, so use our recommendations as a guidepost. If you don't hit that yardage, take that into account in your yardage for the day. We also explain each set a bit more than normal. We wanted to ensure it felt like a coach was right there with you while you're swimming, limiting confusion and helping you execute better.

We didn't always use send-off times or rest times for each set because improving technique is more important than worrying about the clock. However, when there is a send-off time or rest time, put an emphasis on tracking your time. Adjust your send-off times as needed (we know swimming isn't a one-size-fits-all). When in doubt, we recommend 30 seconds rest between each 100.

We try to call out equipment needs per swim workout. If we don't say use fins, then try not to use them. If we ask you to try kicking without a kickboard, be a sport and give it a go—your neck will thank you. If you don't have a piece of equipment, no worries, you can usually do the set without it. Just make sure to stay focused on the right areas.

ORCHESTRATE

This program will require you to actively engage in it. We've provided you with progressive and strategic swimming workouts, out of the pool exercises, actionable tips, and vital articles/videos to lock and load in that mental space (because we all know that 80 percent of swimming is mental). But, as always, address any physical limitations or concerns you may have with your physician first, and never exercise in pain (if your body needs rest, please don't ignore that). Otherwise, try to stick to the program as best as possible. Time to dive in...

DAY 1

GOAL

Breathe more efficiently. Your body uses oxygen as a fuel source, so depriving your body of fuel is a bad idea. Be more aware of your breath and ensure your body is getting the fuel it needs. Keep in mind that this will change as you improve your stroke efficiency and build more advanced lung capacity.

THINK

Don't gulp or force air down to your lungs. Breathe naturally. Remember, when you're breathing, your head position rotates so you're looking at the side of the pool, not down the lane. It's like tracking to the 9 and 3 position on an analogue clock.

PREPARE

Common Freestyle Breathing Mistakes
youtu.be/OCDRmpS8N5s

WARM-UP

400 Freestyle

- 100 - Freestyle, breathe to your weak side
- 100 - Freestyle, breathe every 3, 5, 7, and 3 strokes by 25 with long and loose strokes
- 100 - Freestyle, breathe to your weak side
- 100 - Freestyle, breathe every 3, 5, 7, and 3 strokes by 25 with long and loose strokes

SET

12 x 25s - Freestyle swim

- **1-4** - Freestyle, breathe like you normally would.
- **5-8** - Freestyle, exhale through your nose slowly while your face is in the water and hum while you do it. This prevents you from forcefully exhaling and gulping at the air when it's time to breathe in. It doesn't matter which side you breathe to but be sure to hum, even if it feels strange. Remember, your mouth should stay closed on the exhale.
- **9-12** - Freestyle, breathe every third stroke for the first length, breathe every fifth stroke for the second length, every third stroke for the third length, and then every seventh stroke for the last length. Resist the temptation to go back to your regular breathing habits during this set.

3x (50, 100, 150, 200) - Freestyle swim

- Freestyle, using your new breathing pattern. Stop after each effort to recover and do this set three times through. The focus is to make sure you're not holding your breath but rather breathing rhythmically. Speed is not critical. The key is to stay consistent with your new breathing pattern using 3, 5, or 7 breaths.

COOL-DOWN

200 - Nice and easy swim

TOTAL

2400 yards/meters

DAY 2

GOAL

Achieve body alignment and balance. Head and hip position are critical. Think about your body swimming through the smallest hole in the water you possibly can. The smaller the hole, the less energy it takes to swim.

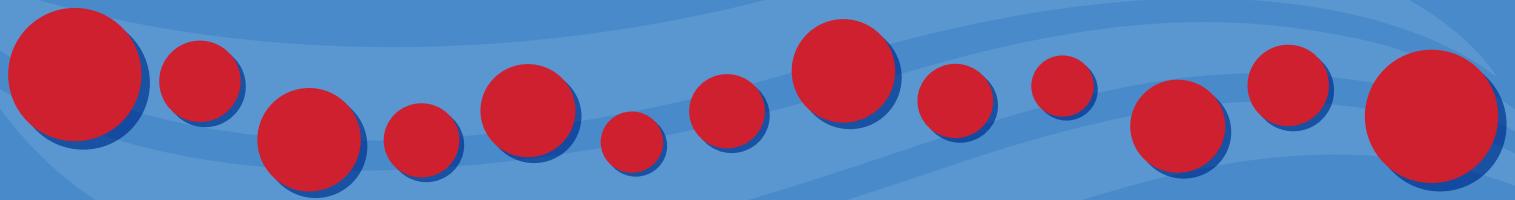
THINK

Avoid wiggling your hips. When you breathe, don't pick your head up to get air. Understand that when you pick your head up to breathe, it sinks your hips down, which creates drag.

PREPARE

3-Point Drill

[youtube.com/watch?v=vnhxWzk-RWo](https://www.youtube.com/watch?v=vnhxWzk-RWo)



WARM-UP

200 - Freestyle pull

2 x 100s - Freestyle -
50 swim/50 kick

4 x 25s - Free, back,
breast, free by 25

COOL-DOWN

200 - Nice and
easy swim

TOTAL

2600 yards/meters

SET

12 x 25s - Drill

- **1-4** - Catch up 3-point drill with fins (see Prepare)
- **5-8** - Head position drill with fins. Start with your head all the way out of the water and lower it throughout the 25 until your chin is down to your chest. The idea is not to do what you think is "normal" or "required" but what is the best head position for you when you are not breathing from side to side. You'll notice changes in both your effort and velocity if you're doing this drill correctly.
- **9-12** - Use the most comfortable head position from the previous set and swim this set with your head in this position.

8 x 100s - Freestyle swim

- On 30 seconds rest. Incorporate your new breathing pattern from Day No. 1 Workout and your new body position skills from Day 2 Workout. Repeat 8 times.

4 x (4 x 50s) - Freestyle swim

- Descend (which means you get faster each 50) for 1-3 and 4 is always easy. Again, incorporate your new breathing pattern from Day 1 Workout and your new body position skills from Day 2 Workout. Repeat 4 times.

DAY 3



OUT OF WATER RECOVERY

Fuel outside the pool is just as important as the fuel you use in the pool. It's important to take time to allow your body to recover. Honor this day and the work you've put in for both Day 1 and Day 2 swim workouts.


Today is a day to feed your brain with additional nutrition information that'll help your swimming. But most importantly, acknowledge that you are off to a great start! Way to go, you've got this.

THREE BASIC PRINCIPLES OF NUTRITION


usms.org/fitness-and-training/articles-and-videos/articles/nutrition-simply?Oldid=1923

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Nutrition,
Simply

 **by Chris Ritter** December 2, 2012 [Tweet](#) [Like 0](#) [Share](#)

Three basic principles of nutrition

Nutrition. There may not be another topic about which so many swimmers have questions. The best practices for nutrition aren't so much about knowing the best practices, but about knowing the best practices and implementing those best practices. And for many swimmers, the best practices are not always the same. There really aren't any secrets to good nutrition. The three basic principles of nutrition are:

- 1) Hydration



DAY 4

GOAL

Maximize propulsion. Focusing in on your hand path through the water. The key is to create more propulsion earlier in the pull phase, which makes for more efficient swimming and can ultimately lead to swimming freestyle stronger.

THINK

Your hand should enter the water before your elbow, which puts your arm in a natural position to begin pulling with power.

PREPARE

Tarzan Drill

youtu.be/W1FgFZ8rmXg

Dog Paddle Drill

youtu.be/OiwVZ5xCc6A

WARM-UP

5 x 100s Swim/kick

- 1 - Freestyle swim easy
- 2 - Swim any stroke other than freestyle
- 3 - Freestyle swim easy
- 4 - Freestyle swim breathing every 3 then every 5
- 5 - Freestyle kick (no fins and try without a kickboard)

SET

6 x 100s - Focus on freestyle stroke by 100

- 1 - Body line
- 2 - Breathing
- 3 - Long strokes
- 4 - Finishing your stroke past your hip
- 5 - Getting faster each 25
- 6 - Sprint

6 x 50s - Drill

- On a minute
- Evens - Tarzan drill (see Prepare)
- Odds - Dog paddle drill (see Prepare)

4 x 200s - Freestyle pull

- On a minute rest
- Reach and roll your shoulders forward, get your hand and forearm engaged with the water early
- Be sure to pull over the top of your forearm

6 x 25s - Freestyle kick

- On 20 seconds rest

10 x 25s - Freestyle swim

- As fast as you can go on one minute
- The goal here is to swim smoothly rather than beat on the water
- 25s allow you to make sure you're focused and not worn out so you can concentrate on technique

COOL-DOWN

2 x 100s - Nice and easy swim

TOTAL

2,800 yards/meters

DAY 5

GOAL

Pull all the way through your stroke while continuing to apply pressure. The pitch and position of your hand will change through the pull, but you should still try to keep your hand perpendicular to the direction you're going—or, in other words, up and down, so you're pushing the water behind you.

THINK

Your hand should exit the water at your upper thigh (past your hip bone).

PREPARE

Swim Freestyle Properly
youtu.be/0PjVQFWeJf0

WARM-UP

5 x 100s - Freestyle swim

Focusing on technique more than speed

- 1 - Head position
- 2 - Breathe every 3rd stroke
- 3 - Long strokes
- 4 - Finishing your stroke past your hip
- 5 - Swim/kick by 25

COOL-DOWN

200 - Nice and easy swim

TOTAL

2500 yards/meters

SET

5 x 100s - Freestyle

- Descend 1-5 (start slow and get faster with each 100)

100 - Choice

- Recovery swim, nice and easy swim with stroke of your choice

5 x 100s - Freestyle speed

- Freestyle as fast as you can go, but you have to hold the same finish time for each one
- The interval is typically long on these types of sets, so give yourself approximately two minutes or longer. This will give you some metrics to benchmark off of as you swim these.

100 - Choice

- Recovery swim, nice and easy swim with stroke of your choice

5 x 100s - Freestyle speed

- Freestyle as fast as you can go, but you have to hold the same finish time for each 100
- The interval should be the same as the first
- Make adjustments to your stroke as you swim. For example: Change the pitch of your hand, next your stroke rate, then your breathing pattern. Only change one thing at a time.

100 - Choice

- Recovery swim, nice and easy swim with stroke of your choice

DAY 6

OUT OF WATER EXERCISE (AKA: DRYLAND)

Making gains comes in a variety of formats, and dryland exercises, working out on land, is an important counterpoint to working out in the water. It helps to strengthen your joints and keep your most-used body parts on point. So, while you spend today out of the water, do this exercise.

EXERCISE

usms.org/fitness-and-training/articles-and-videos/videos/dryland-exercises-to-help-your-shoulders

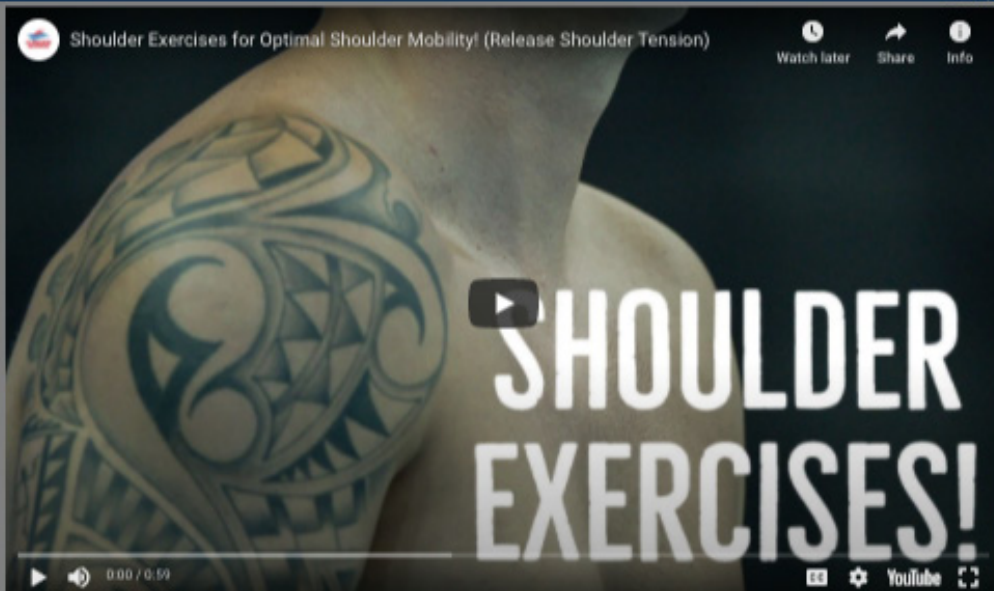
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Dryland Exercises to Help Your Shoulders

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Shoulder Exercises for Optimal Shoulder Mobility! (Release Shoulder Tension)

[Watch later](#)[Share](#)[Info](#)

Categories: [TECHNIQUE AND TRAINING](#)

Tags: [DRYLANDS](#)

DAY 7

OUT OF WATER RECOVERY

Take today off from swimming and recover.

Rest is a key component of any successful workout. Allow your body time to repair itself. You're going through an adaptation phase in which your body is learning how to handle a change in your swimming workload. A growth mindset allows you to embrace success but also recognize any areas that need improvement. Take this as an opportunity to relax, recharge, reflect, and jot down any notes you may have here.

Take this time to think back on the swim workouts you've accomplished so far. What worked? What skills did you conquer? What are you still confused about or struggling with as you swim?



Got questions? We get it.
Send them to marketing@usmastersswimming.org,
and we'll get to as many as we can. Don't worry—
we're in marketing but have been swimming all our
lives, plus we'll hit up our USMS-certified coaches for
the tough ones.

DAY 8

GOAL

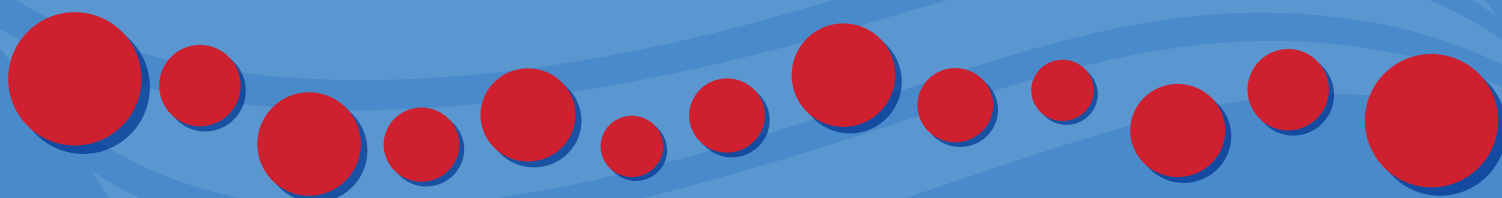
Accelerate your hand as you pull. It's almost like you're trying to slap your thigh. Pushing water back on the back end of your stroke creates a lot of propulsion, so don't pull your hand out early just to speed up how quickly you're taking your strokes.

THINK

Accelerate your hand from your shoulder past your hip.

PREPARE

Freestyle Arms
youtu.be/gO5PBI9BvFw



WARM-UP

2 x 200s - Freestyle

- 1 - Pull
- 2 - Kick

COOL-DOWN

2 x 100s - Freestyle
swim nice and easy

TOTAL

2400 yards/meters

SET

12 x 25s - Freestyle swim

- **1-4** - on 20 seconds rest. Freestyle counting each of your strokes. Make adjustments to lower your stroke count as low as possible without stopping your stroke. Be sure to still focus in on your catch. Tip to lower stroke count: Think about the three "R"s as you swim this - Reach, Rotate, and Relax
- **5-8** - on 20 seconds rest. Descend freestyle (get faster as you swim each of the four). You should still count your strokes. Pay attention to how your stroke count increases as you get faster
- **9-12** - on 30 seconds rest. Freestyle as fast as you can swim it. With the goal of focusing in on only one skill per 50. Try to do that skill you selected better than before. Go for perfection here, and watch what happens to your stroke.

3 x (200, 150, 100, 50) - Freestyle swim

- Stop after each effort to recover for a minute and do three times through.
- The focus is to get faster with each successive effort while being efficient with long strokes and then to put you in the aerobic zone and then into an anaerobic zone for the sprint freestyle.

DAY 9

THINK

Don't stop kicking.

PREPARE

Freestyle 101

youtu.be/0PjVQFWeJf0

WARM-UP

500 - Freestyle swim

Use your new breathing pattern (Note: You should be using this new pattern for every swim.)

SET

12x25s - Drill

- **1-4** - modified catch-up with fins. To do this drill, put your left index fingers and thumbs into an "L"-type position and reverse "L" on your right hand, with your thumbs touching slightly whenever you complete a stroke. This slows you down, allowing you to concentrate on your pull and developing kinesthetic awareness.
- **5-8** - The 3-5 Switch. For this drill, kick five times on your side then take three strokes and kick five times on your other side. The goal is to get used to rotating through your stroke and also being on your side as you swim.
- **9-12** - Descend (get faster with each swim)

8 x 50 - Freestyle kick

- On 20 seconds rest
- Kick 25 underwater and then do a 25 easy swim
- The key to the underwater kicking is to kick from your hips. Pretend your knees and ankles are connected with a single rubber band, so your leg moves solely by power generated by your hips.

GOAL

Maximizing the kinetic chain, or how you link each movement and muscle firing sequence together. Each swimmer generates power and velocity differently. To achieve a good freestyle stroke, you must "anchor" your hand and forearm. Your hand essentially enters and exits the water in the same place. To achieve a great freestyle stroke, accelerate through the stroke, and let your hands exit ahead of where it entered by taking advantage of momentum. Kicking helps maintain that momentum and prevents "dead spots" in your stroke, or places where you're not getting any propulsion.

4 x (4 x 50s) - Freestyle kick

- On 20 seconds rest
- Descend 1-3 with 4 being an easy recovery swim
- The key is to adjust your kicking
- How many kicks do you take per stroke for your fastest swims?
- See which kicking pattern helps you beat the clock

8 x 50s - Freestyle

- On 20 seconds rest
- 25 kick/25 swim
- Do this set on your back
- If you don't go anywhere, curl your toes rather than point them
- Another key is to kick up and down as if you're "pawing" back at the water
- Remember to keep your knees under the water

COOL-DOWN 200 - Nice and easy swim

TOTAL 2600 yards/meters

DAY 10

OUT OF WATER RECOVERY

Take the day off from swimming, you deserve it. We all know that swimming is 80 percent mental, so cobwebs, daydreaming, and the monotony of laps on repeat can impact how dialed in we are at any given moment.

It's always a good idea to take some time to reinforce the skills covered in your workouts. These short, easy to digest articles will help you do just that. They cue up your brain for your next swim sesh. Allow your mind to soak it up, process things, sync up with your body, and achieve that eureka effect.

Oh, and one last thing, you are on Day 10, how awesome is that! Almost there, so keep up the great work!

IMPROVE

[USMS.org](#) ▶ [Fitness & Training](#) ▶ [Articles & Videos](#)

- [Five Ways to Improve Your Freestyle](#)
- [How to Finish Your Stroke with Power](#)
- [These Drills will Strengthen Your Core & Improve Your Kick](#)

usms.org/fitness-and-training/articles-and-videos/articles/five-ways-to-improve-your-freestyle

usms.org/fitness-and-training/articles-and-videos/articles/how-to-finish-your-stroke-with-power

usms.org/fitness-and-training/articles-and-videos/articles/these-drills-will-strengthen-your-core-and-improve-your-kick

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Five Ways to Improve Your Freestyle



DAY 11

GOAL

Making your kick work is about blending your kicking and swimming into a synchronous movement. Stop twisting against yourself when you're kicking. Your hips should roll to the side of your body that has the arm out in front, not the opposite. You should also point your toes behind you, so you're kicking with the entire top of your foot as flat as possible. Remember, the more you develop your kick, the easier it will become.

THINK

For an effective kick, hinge at your hip, not your knees. You derive more power from your upper leg than just your lower leg.

PREPARE

Freestyle Swimming
youtu.be/0PjVQFWeJf0

WARM-UP

4 x 200s - Freestyle

- 1 - Swim easy with new breathing pattern
- 2 - Swim any stroke other than freestyle
- 3 - Freestyle kick
- 4 - Freestyle swim at pace

COOL-DOWN

200 - Nice and easy swim

TOTAL

3150 yards/meters

SET

12 x 25s - Freestyle kick, execute 1-6 below then repeat

- Focus on what sequence keeps your hips and shoulders together
- Start with a quicker kick tempo and slower arm tempo
- 1 - 6 kicks per stroke
- 2 - 5 kicks per stroke
- 3 - 4 kicks per stroke
- 4 - 3 kicks per stroke
- 5 - 2 kicks per stroke
- 6 - Sprint

6 x 50s - Freestyle kick

- On a minute
- Take what you learned on the previous set and apply it to these 50s
- Pick the best two kick patterns from the previous set, doing one pattern on the odd-numbered swims and the other pattern on even-numbered swims

2 x (4 x 100s) - Freestyle swim on a minute rest

- Feel and focus are important
- 1 - Slow and perfect
- 2 - Build by 25 (get faster each 25)
- 3 - Fast
- 4 - Recovery with perfect technique

6 x 25s - Freestyle kick on 20 seconds rest

- Focus solely on your kick

6 x 100s - Freestyle kick/swim

- This will get your heart rate up, so take 30 seconds between repeat
- Each 100 is broken in 25 kick, 50 swim, 25 kick

DAY 12

GOAL

Your stroke should be powered by your shoulders and hips. When the two of them work in unison (rotate to the same side), you can drive your body forward as your hand enters the water. However, if you overrotate by having your hips rotate past vertical (90 degrees) it can cause timing issues and a “wobble” in your stroke. It’s important to find the right amount of rotation for you.

THINK

Hip rotation is driven by your core, not by your kick.

WARM-UP

2 x 200s - Freestyle drill(s)

- 1 - Tarzan drill (see Prepare)
- 2 - Hinge drill (see Prepare)

SET

8 x 50s - Freestyle kick

- Fast!
- 15 seconds rest

5 x 100s - Freestyle swim

- 1 - Distance per stroke focusing on driving your hips and shoulders
- 2 - Breathe only to the least comfortable side
- 3 - Breathe every third stroke
- 4 - Build by 25
- 5 - Fast

100 - Freestyle swim

- Easy

2 x (5 x 50s) - Freestyle

- On 30 seconds rest
- This set will go from swimming flat to not flat
- 1 - Swim with your hips and shoulders flat while sweeping your arms across the water as flat as possible
- 2 - Keep your hips flat and raise your shoulders out of the water
- 3 - Rotate your hips slightly and get your elbows more vertical

PREPARE

Tarzan Drill

youtu.be/W1FgFZ8rmXg

Hinge Drill

youtu.be/Qwuzl2IWkTg

- 4 - Rotate your hips and shoulders halfway (45 degrees)
- 5 - Rotate your hips and shoulders to 90 degrees

100 - Backstroke swim

- Easy

5 x 100s - Freestyle swim

- On 30 seconds rest
- Based on what you did above, find your best level of rotation
- This isn’t always what feels “natural” but what works best
- Remember to experiment with just one variable at a time

100 - Backstroke swim

- Easy

100 - Freestyle swim

- Fast

COOL-DOWN

200 - Nice and easy swim

TOTAL

2900 yards/meters

DAY13

OUT OF WATER EXERCISE (AKA: DRYLAND)

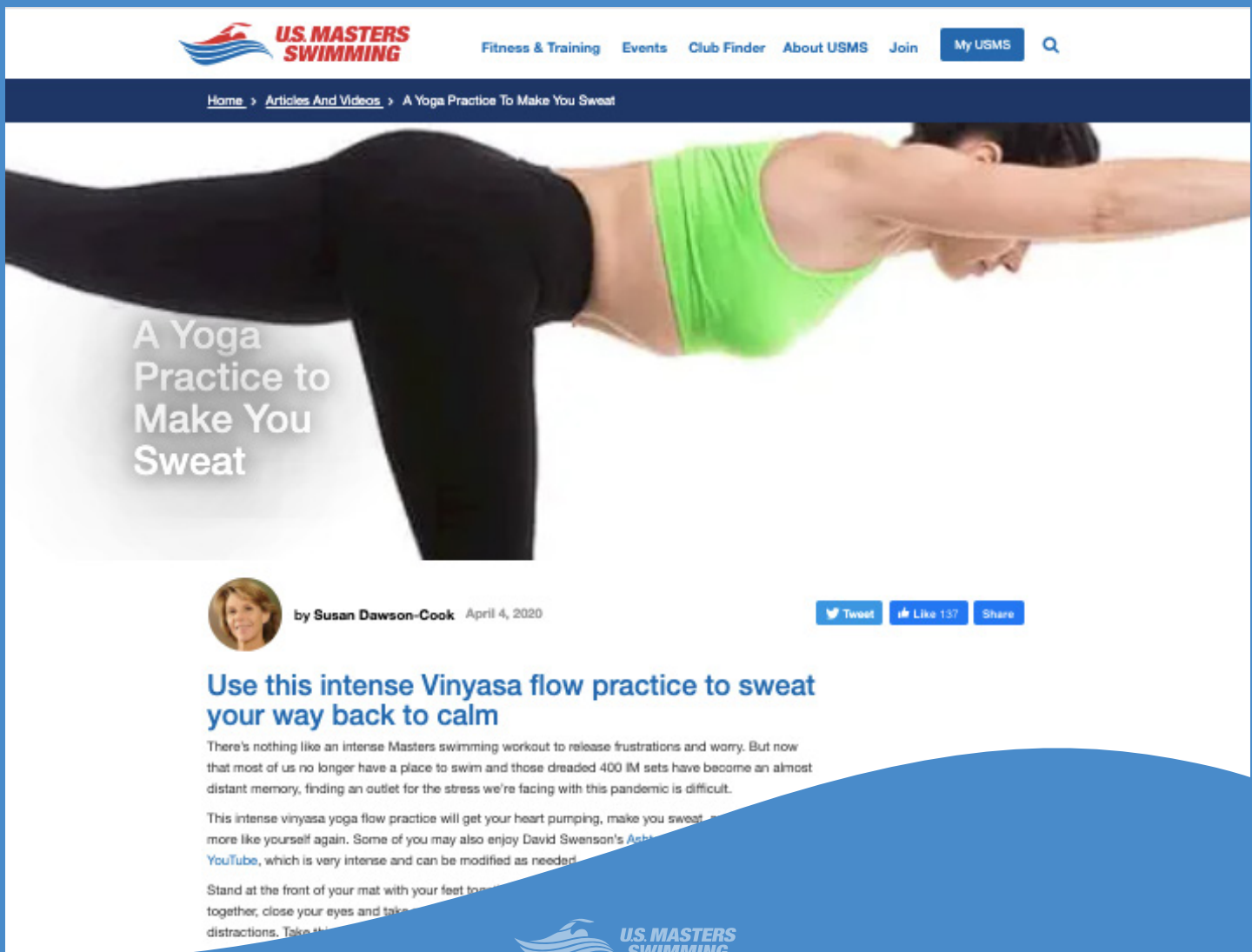
Active stretching of your major muscle groups is an important part of swimming to reduce muscle soreness and fatigue and avoid injury.

Folks often hop right into the water without any stretching, thinking the warm-up will cover it. But how many times have you shortchanged your warm-up due to time limitations?

It's important to stay nimble, and we firmly believe that yoga helps with this overall effort. Give this a go.

STRETCH

usms.org/fitness-and-training/articles-and-videos/articles/a-yoga-practice-to-make-you-sweat



The screenshot shows the US Masters Swimming website. The header includes the logo and navigation links: Fitness & Training, Events, Club Finder, About USMS, Join, My USMS, and a search icon. The breadcrumb trail reads: Home > Articles And Videos > A Yoga Practice To Make You Sweat. The main image features a woman in a green tank top and black leggings performing a yoga pose. The article title 'A Yoga Practice To Make You Sweat' is overlaid on the image. Below the image is the author's profile picture and name, 'by Susan Dawson-Cook', along with the date 'April 4, 2020'. Social media sharing buttons for Twitter, Facebook (Like 137), and a general Share button are present. The article text begins with: 'There's nothing like an intense Masters swimming workout to release frustrations and worry. But now that most of us no longer have a place to swim and those dreaded 400 IM sets have become an almost distant memory, finding an outlet for the stress we're facing with this pandemic is difficult. This intense vinyasa yoga flow practice will get your heart pumping, make you sweat, and help you feel more like yourself again. Some of you may also enjoy David Swenson's Acha Yoga on YouTube, which is very intense and can be modified as needed. Stand at the front of your mat with your feet together, close your eyes and take a few deep breaths to clear your mind of distractions. Take this...' The US Masters Swimming logo is visible in the bottom right corner of the page.

DAY 14

OUT OF WATER RECOVERY

Swimming makes you hungry. Yikes, we know, it's a double-edged sword.

We took a deep dive into it to see what's what as your body increases its production of ghrelin, a hunger-causing hormone, which prompts you to eat with vigor after a good swim. Fuel your body, but first we've got to fuel our minds.

LIKE EVERYTHING BALANCE IS KEY. EATING THE CORRECT AMOUNT IS CRITICAL TO ENERGY LEVEL IN THE WATER.

usms.org/fitness-and-training/articles-and-videos/articles/how-to-find-the-right-amount-to-eat

WONDERING HOW MANY CALORIES YOU MIGHT BURN? START HERE.

usms.org/fitness-and-training/articles-and-videos/articles/how-many-calories-can-i-burn-while-swimming

GOT A SOLID GAME PLAN WHEN IT COMES TO FUEL? THESE SHOULD HELP YOU DEVELOP ONE.

usms.org/fitness-and-training/articles-and-videos/articles/how-to-create-an-easy-nutrition-plan-part-1

usms.org/fitness-and-training/articles-and-videos/articles/how-to-create-an-easy-nutrition-plan-part-2



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How to Find
the Right
Amount to Eat



DAY 15

GOAL

Understanding what muscle group begins to burn first when you're swimming strong. This will help you know which area(s) in your body that you will need to strengthen.

THINK

Close your eyes for a few strokes during each set and think about how the water feels and where applying pressure makes a difference.

PREPARE

Freestyle Tips
youtu.be/0PjVQFWejf0

WARM-UP

5 x 100s - Freestyle

- 50 swim then 50 kick (without a kickboard)

COOL-DOWN

200 -
Nice and easy swim

TOTAL

3200 yards/meters

SET

16 x 25s - Freestyle swim

- 20 seconds rest
- Focus on your new breathing pattern

2 x 500s - Freestyle swim

- Rest as much as you need before you repeat the 500

4 x 100s - Freestyle swim

- 20 seconds rest

4 x 100s - Freestyle swim

- 10 seconds rest

6 x 50s - Freestyle swim

- 5 seconds rest
- These should be aggressive effort

DAY 16

GOAL

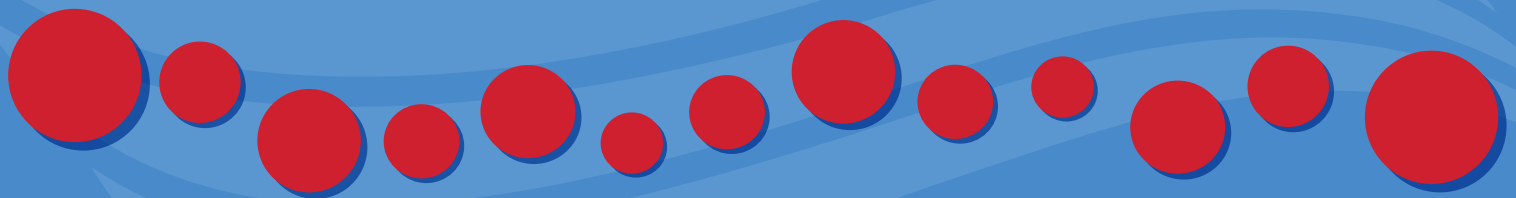
Let your kick drive your workout today. You may get tired quicker, but it will help you recognize what an increased kick does for your stroke.

THINK

Remember to not bend your knees too much when kicking. If you don't go anywhere, curl your toes rather than point them. Kick up and down as if you're pawing back at the water.

PREPARE

Get Hip With Your Hips
youtu.be/O-TygMAyvtg



WARM-UP

500 - Freestyle swim

- Focus on your new breathing pattern

COOL-DOWN

200 - Nice and easy swim

TOTAL

3500 yards/meters

SET

6 x 100s - Mixed by 25

- 25 kick then 25 swim
- Odds are freestyle
- Evens are choice (anything other than freestyle)

3 x (300, 200, 100)

- On a minute rest
- Pull the 300 and focus on your catch
- Kick the 200
- Swim the 100 fast

8 x 50s

- On 20 seconds rest
- 25 backstroke kick then 25 freestyle swim

DAY 17

OUT OF WATER RECOVERY

It's time to binge watch!

We've got a great selection of videos to assist with the development of your freestyle, especially if you are a visual learner. Yes, a bowl of popcorn is totally cool - you've been working hard in the water! Grab one and dial in here.

BINGE WATCH

youtube.com/playlist?list=PLUaeqTN0mwx-kpDIT2i2UWjA7cwEAMoQJ

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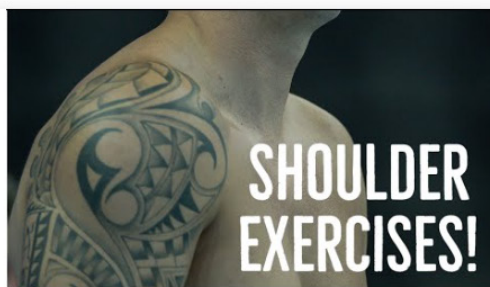
TECHNIQUE AND TRAINING

VIDEO

[Dryland Exercises to Help Your Shoulders](#)

Dryland tips to help you win in the water.

MORE INFO



TECHNIQUE AND TRAINING

VIDEO

[Breaststroke Timing Drill](#)

Drills are an important part of swimming. We hope that you find value with this new drill series.

MORE INFO



TRIATHLON

ABOUT USMS



DAY 18

GOAL

Quick arm turnover to achieve the best stroke rate, cadence, and efficiency. Swimming is about your stroke tempo (how quickly or slowly you perform your stroke cycle). The shorter the distance, the higher the stroke tempo. Spin fast through your stroke cycle, meaning you should take your strokes rapidly while still being efficient.

THINK

Don't hold your breath when trying to turn over fast. Rather, exhale slowly.

PREPARE

Freestyle Assessment
youtu.be/i4yp4ZLOguk

WARM-UP

3 x 200s Swim/kick

- 1 - Freestyle with new breathing pattern
- 2 - Kick without a kickboard
- 3 - Freestyle swim

SET

20 x 20s - Drill

- On 20 seconds rest
- Odds seeing how far you can go in 10 strokes (finish out the 25 nice and easy)
- Evens seeing how quick you can get through 20 strokes (finish out the 25 nice and easy)

12 x 50s - Freestyle swim

- On one minute
- Take what you learned on the previous set and apply it to just a 50 in each group
- Descend 1-3 to about 80 percent of the fastest you can swim with No. 4 easy
- Descend 5-7 to about 90 percent of the fastest you can swim with No. 8 easy
- Descend 9-11 to 100 percent of the fastest you can swim with No. 12 easy

12 x 100s - Freestyle swim

- On one minute rest
- Two fast/one easy

COOL-DOWN 200 - Nice and easy swim

TOTAL 2900 yards/meters

DAY 19

GOAL

Don't let your hips sag in water. This can be done by slightly pushing the crown of your head down in the water (pivoting at your neck). You should feel your hips rising with every degree you move your head down.

THINK

Keep your head in the right position so that your hips aren't causing you drag.

PREPARE

Freestyle Tips
youtu.be/0PjVQFWeJf0

WARM-UP

2 x 200s

- 1 - Backstroke
- 2- Freestyle (focus on new breathing pattern)

SET

9 x 50s - Freestyle kick/swim fast by 25

- On 15 seconds rest

7 x 100s - Freestyle swim

- On 20 seconds rest

2 x 75s - Build by 25 then 25 easy swim

- Stroke other than freestyle

7 x 100s - Freestyle swim

- On 40 seconds rest for the whole 100
- 50 - Fast with five seconds break
- 25 - Easy five seconds break
- 25 - Fast

100 - Recovery swim

- Any stroke

6 x 50s - Freestyle swim

- On 30 seconds rest for the whole 50
- 25 fast with five seconds break
- Then another 25 fast

COOL-DOWN

200 - Nice and easy swim

TOTAL

3000 yards/meters

DAY 20

OUT OF WATER EXERCISE (AKA: DRYLAND)

Start with some stretching

usms.org/fitness-and-training/articles-and-videos/articles/four-essential-stretches-for-swimmers

Move to the core

usms.org/fitness-and-training/articles-and-videos/articles/core-training-workout-you-can-do-from-home

Now pick two!

We've provided 20 options so there are lots of choices for your workout today:
usms.org/fitness-and-training/articles-and-videos/articles/dryland-workouts-you-can-do-from-home

Refocus in on problem areas. Hip, back, shoulders? Find help here:
youtube.com/playlist?list=PLUaeqTN0mwx-3vaHno0m60064zeUlwdCx

DON'T STOP

Congrats. You've done an amazing job on 21 Days To Swimming Stronger! If you walk away with your stroke feeling "different" or "weird", that's a good thing. That means something has changed, and you are on your path to improvement. Many swimmers have done similar USMS swim programs two or three times until they felt comfortable before they jump to our Workout Library of over 1,000 workouts to keep their training progress going. It's all about progress, and we hope yours was positive!

DAY 21

GOAL

Finish strong! Each trip down the pool, focus on just one element you worked on during this program. If it's perfect, move on to the next item that needs attention.

THINK

Push yourself but keep in mind all the skills you've accomplished during these 21 days.

PREPARE

3-Point Drill
youtu.be/vnhxWzk-RWo

Hinge Drill
youtu.be/Qwuzl2IWkTg

WARM-UP

200 Drill/swim

3-Point drill (see Prepare)

200 Drill/swim

Hinge drill (see Prepare)

100 Swim

Freestyle swim

COOL-DOWN

200 - Nice and easy swim

TOTAL

3000 yards/meters

SET

5 x 100s - Freestyle kick/swim

- 25 kick, 25 swim, 25 kick, 25 swim

5 x 100s - Freestyle swim

- Descend your speed 1-5

100 - Freestyle swim

- Easy

5 x 100s - Freestyle swim

- Fast as you can go, but you have to hold the same time for each 100
- Note: Your interval should be long, maybe two or three minutes

100 - Easy swim

- Stroke other than freestyle

5 x 100s - Freestyle swim

- Fast as you can go, but you have to hold the same time for each 100
- Your interval should be the same as the first

100 - Easy swim

- Stroke other than freestyle