



Training Plan

Level: Intermediate

GROUP	SKILL LEVEL	TRAINING SCHEDULE	FAQS (APPLIES TO ALL LEVELS)
Beginner	Entry-level swimmers who have limited aquatic experience and little to no fitness conditioning. Able to swim 100 yards (4 lengths).	Six weeks, two swims per week *Note how the workouts are written. (1 x 25) = one length of the pool (1 x 50) = two lengths of the pool (1 x 75) = three lengths of the pool (1 x 100) = four lengths of the pool (1 x 200) = eight lengths of the pool	Where do I start? Try the last workout of one of the groups. If you comfortably complete that workout, begin your six-week training regimen in the next group up.
Intermediate	Adults who possess a modest level of swimming ability and feel comfortable swimming as a form of exercise. Can swim 100 yards in roughly 2 minutes and 30 seconds.	Six weeks, three swims per week	Do I need equipment? We suggest a swim cap (for swimmers with long hair) and goggles. A pull buoy and fins are recommended but optional.
Advanced	Adults who have moderate to strong aerobic fitness levels and are capable of swimming freestyle at different speeds during a workout. Can swim 100 yards in 2 minutes or faster.	Six weeks, three swims per week *Four workouts have been provided. Choose three per week or do all four if you can.	What is the purpose of adding up the distance I swim? Each day that you do a continuous timed swim, record your distance accomplished on the swim tracker. See your progress and add up the yardage. For questions, email: events@usmastersswimming.org.

Print your daily workouts and take them to the pool in a Ziploc bag!



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
WEEK 1 of 6	Swim #1 of 18	Repeat four times (rest 5 seconds after each):	
*Take one day between the three swim days to stretch and cross train.	Equipment: fins	1 x 50 (25 pull / 25 kick) <i>with fins</i>	200
		Do one time (rest 5 seconds after each):	
		4 x 75 swim descend each 25 (slow, medium, fast)	300
		4 x 25 kick (one easy, one hard)	100
		*Swim for 10 minutes; fill in distance: 24 lengths	*[] plus 600 yards
	TOTAL		

*On the 10-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 10 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #2 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: fins	1 x 100 (25 pull / 25 kick / 25 swim) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		2 x 75 swim	150
		4 x 25 kick	100
		2 x 75 swim	150
		4 x 25 kick	100
		4 x 25 swim	100
		36 lengths	900 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #3 of 18	Repeat four times (rest 5 seconds after each):	
	Equipment: fins (optional)	1 x 75 (25 swim / 25 kick / 25 swim) with fins	300
		Do one time (rest 5 seconds after each):	
		1 x 100 swim	100
		2 x 25 kick	50
		2 x 50 swim	100
		2 x 50 kick	100
		4 x 25 swim	100
		*Swim for 10 minutes; fill in distance:	*[] plus
		30 lengths	750 yards
		TOTAL	

*On the 10-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 10 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #4 of 18 Equipment: fins	Repeat four times (rest 5 seconds after each): 1 x 75 (25 swim / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each): 1 x 100 swim	100
		2 x 25 kick	50
		2 x 50 swim	100
		2 x 50 kick	100
		4 x 25 swim	100
		*Swim for 10 minutes; fill in distance: 30 lengths	*[] plus 750 yards
		TOTAL	

*On the 10-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 10 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #5 of 18	Repeat four times (rest 5 seconds after each):	300
	Equipment: fins	1 x 75 (25 swim / 25 kick / 25 swim)	
		<i>Put on fins</i>	
		Do one time (rest 5 seconds after each):	
		1 x 100 swim	100
		2 x 25 kick on back	50
		2 x 50 swim	100
		2 x 50 kick on back	100
		4 x 25 swim	100
		*Swim for 10 minutes; fill in distance:	*[] plus
		30 lengths	750 yards
		TOTAL	

*On the 10-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 10 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #6 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: kickboard	1 x 100 (50 pull / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each):	
		2 x 100 swim	200
		4 x 25 swim	100
		2 x 25 pull	50
		2 x 50 kick butterfly or breaststroke	100
		6 x 25 swim	150
		1 x 150 swim	150
		42 lengths	1050 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #7 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: pull buoy and fins	1 x 100 (50 pull / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each):	
		2 x 100 swim	200
		4 x 25 swim	100
		2 x 25 pull	50
		2 x 50 kick	100
		6 x 25 swim	150
		1 x 200 swim	200
		44 lengths	1100 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #8 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: pull buoy	1 x 100 (50 pull / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each):	
		2 x 100 swim	200
		4 x 25 swim	100
		2 x 25 pull	50
		2 x 50 kick	100
		6 x 25 swim	150
		1 x 300 free swim	300
		48 lengths	1200 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #9 of 18 Equipment: fins	Repeat two times (rest 5 seconds after each): 1 x 200 (50 swim / 50 kick / 50 pull / 50 swim) <i>Put on fins</i> Do one time (rest 5 seconds after each): 2 x 100 swim 2 x 25 kick 2 x 75 swim 2 x 25 kick 3 x 50 kick 4 x 25 swim 1 x 350 swim 58 lengths	400 200 50 150 50 150 100 350 1450 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #10 of 18 Equipment: fins	Repeat two times (rest 5 seconds after each): 1 x 200 (50 swim / 50 kick / 50 pull / 50 swim) <i>with fins</i>	400
		Do one time (rest 5 seconds after each):	
		2 x 100 swim	200
		2 x 25 kick	50
		2 x 75 swim	150
		2 x 25 kick	50
		3 x 50 swim	150
		2 x 50 kick	100
		4 x 25 swim	100
		1 x 400 swim <i>with fins</i>	400
		64 lengths	1600 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #11 of 18	Repeat two times (rest 5 seconds after each):	
		1 x 200 (50 swim / 50 kick / 50 pull / 50 swim)	400
		Do one time (rest 5 seconds after each):	
	Equipment: fins and buoy	2 x 100 pull <i>with buoy</i>	200
		2 x 25 kick	50
		2 x 75 pull	150
		2 x 25 kick	50
		3 x 50 pull	150
		2 x 50 kick	100
		4 x 25 pull	100
		1 x 450 swim <i>with fins</i>	450
		66 lengths	1650 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #12 of 18	Repeat 4 times (rest 5 seconds after each):	
	Equipment: pull buoy, fins, and kickboard	1 x 75 (50 swim / 25 kick) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		4 x 25 pull	100
		2 x 100 swim	200
		4 x 25 kick	100
		2 x 50 swim	100
		4 x 25 kick	100
		*Swim for 15 minutes; fill in distance:	*[] plus
		36 lengths	900 yards
		TOTAL	

*On the 15-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 15 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 13 of 18	Repeat 4 x (rest 5 seconds after each)	
	Equipment: fins and kickboard	1 x 75 (50 swim / 25 kick) with fins	300
		Do one time: (rest 5 seconds after each)	
		4 x 25 pull	100
		2 x 100 swim	200
		4 x 25 kick with kickboard	100
		2 x 50 swim	100
		4 x 25 kick with kickboard	100
		*Swim for 15 minutes; fill in distance:	*[] plus
		36 lengths	900 yards
		TOTAL	

*On the 15-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 15 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 14 of 18 Equipment: fins and buoy	Repeat 4 x (rest 5 seconds after each)	
		1 x 75 (50 swim / 25 kick) with fins	300
		Do one time: (rest 5 seconds after each)	
		4 x 25 pull	100
		2 x 100 swim (25 fly / 25 back / 25 breast / 25 free)	200
		4 x 25 kick	100
		2 x 50 swim	100
		4 x 25 kick	100
		*Swim for 17 minutes fins optional; fill in distance: 36 lengths	*[] plus 900 yards
TOTAL			

*On the 17-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 17 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 15 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: fins and kickboard	1 x 100 (25 swim / 25 kick / 25 swim / 25 kick) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		4 x 75 swim	300
		4 x 25 swim	100
		4 x 25 kick	100
		4 x 50 swim	200
		4 x 25 swim	100
		4 x 25 kick	100
		48 lengths	1200 yards



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 16 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: fins	1 x 100 (25 swim / 25 kick / 25 swim / 25 kick) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		4 x 75 swim (25 back-25 free-25 back)	300
		4 x 25 swim	100
		4 x 25 kick	100
		4 x 50 swim (build each 50)	200
		4 x 25 swim	100
		4 x 25 kick	100
		48 lengths	1200 yards



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SIX	Swim # 17 of 18 Equipment: fins and buoy	Repeat two times (rest 5 seconds after each):	
		1 x 200 (50 swim / 50 kick / 50 swim / 50 kick) <i>with fins</i>	400
		Do one time (rest 5 seconds after each):	
		3 x 100 swim	300
		3 x 50 swim	150
		3 x 50 pull	150
		4 x 25 swim	100
		*Swim for 15 minutes fins optional; fill in distance:	*[] plus
		44 lengths	1100 yards
		TOTAL	

*On the 15-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 15 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.



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WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 18 of 18	Repeat four times (rest 5 seconds after each):	
	Equipment: fins and buoy	1 x 75 (25 pull / 25 kick / 25 swim) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		1 x 200 free	200
		2 x 50 kick (25 on stomach, 25 on back)	100
		3 x 100 swim	300
		4 x 25 kick	100
		*Swim for 18 min <i>fins optional</i> ;	
		fill in distance:	*[] plus
		40 lengths	1000 yards
		TOTAL	

*On the 18-minute swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Record your distance achieved in the 18 minutes. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 30 minutes.