Effortless Swimming's Workouts

Welcome to the Effortless Swimming TriSwimWorkouts manual! In this first month of the program you've got 12 rock-solid, no fluff programs which will help you improve your swimming well beyond where you are currently at. I've personally used these workouts to take a Master's swim squad to two back-to-back national titles and swimmers to dozens of open water medals.

If you're only new or you feel you don't have much experience with a training program, don't fret! We've made the workouts useable for nearly all levels of triathletes starting at level one and moving up to level three. If you are learning to swim, please see a qualified instructor to teach you the basics and be sure to swim in a supervised pool with lifeguards. Always consult your doctor before beginning any exercise program. The last thing we want is for anyone to hurt themselves!

Where to start:

The best place to get started is picking one workout and going through it. Most of the programs are aerobic focused for triathlon training, but we also have a number of speed and back end pace workouts in here too. You will benefit from both, even if your swims are 'distance' swims. Pick any workout in the manual and be adventurous, why not start at #3 or #7 rather than #1?

If you would like to improve your freestyle technique before you begin the program the Mastering Freestyle Program makes you a swim smoother, longer and faster freestyle.

What to do if you can't do one of the strokes?

If you're unable to do one of the strokes and the set includes it (like 8x25 Fly), feel free to do freestyle or another stroke instead. It's good cross training changing strokes. If you would like to improve your form strokes (butterfly, backstroke and breaststroke) go to www.EffortlessForm.com and join the program.

Drills:

In some of the workouts we have included time to do drills. We don't specify which drill to do because it is a very individual thing. If you're stuck for ideas on some drills we've listed some below for you to choose from. If you were lucky enough to get the bonus drills video, please watch that video for ideas.

Freestyle

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Catch up drill – This drill is simple and easy to do. Begin by swimming normal freestyle but don't start your pull until your recovery arm has entered the water. This drill helps swimmers 'lengthen' their stroke and remain streamlined throughout the whole stroke.

'Reach for the wall' freestyle – This drill is done for the same reason as catch up drill. It improves the streamline of the swimmer during the freestyle stroke. As your hand enters the water and glides forward after the recovery, drive your hand forward as if you were reaching for the wall and hold it streamlined for 1-2 seconds. Continue with normal freestyle but each time your hand enters, drive it forward and hold for a moment before beginning each pull.

Fingertip drill - This drill is good for freestyle because it emphasizes body roll and a high elbow recovery. During the recovery, keep the fingertips in contact with the surface of the water. You should feel your fingertips "dragging" in the water as they recover.

Breaststroke

One pull, two kicks – This is one of the easiest breaststroke drills but one of the most effective. It improves your glide after each stroke which means you're using less effort by taking less strokes. Simply do a normal breaststroke pull and kick and then rather than coming back up for your next pull, do an extra kick while still gliding forward underwater. This drill can be change to one pull three kicks, one pull four kicks and so on.

Breaststroke pull with butterfly kick – To develop a strong pull, breaststroke can be swam by doing buttery/dolphin kicks instead of breaststroke kicks. It's best to do two buttery kicks to every breaststroke pull.

Pull progression – A common problem among beginner breaststrokers is they don't pull far enough back with their arms. They often only do a 'half' pull which is doesn't provide the maximum power. Pull progression is done by swimming one lap with a quarter pull, one lap with half a pull, one with three quarters pull and one lap with a complete pull. All of these are done with normal kicking and timing, the only difference is you are changing how far back you pull. This drill helps swimmers get a feel for the correct catch and pull.

Backstroke

Single arm drill – Just as in butterfly , single arm drill is fantastic for improving the pull and entry of the stroke. Done correctly, single arm drill can help with body rotation too. Keep one arm by your side and swim backstroke with the opposite arm, concentrating hard on rotating so the shoulder on your stationary arm is rotating to 45-90 degrees while completing your pull. To improve your pull, imagine you are throwing a tennis ball towards your feet. This is a great way to visualize where you should be pulling.

Six kicks, three strokes – As we've mentioned, it's important to keep our body 'long' in the water like a yacht and not wide like a barge. This drill helps us do that. Kick on back with your body rotated to one side and your head looking directly up. Keep one arm by your side and have the other arm pointing to where you're going. You're going to do six kicks on your side and then take three arm strokes with normal kicking. You will then have rotated to your opposite side where I want you to repeat from the start. Take six kicks on your side and then three arms strokes with normal kicking working on having a 'long' body position.

Balancing cup drill – This drill is performed by the 200 backstroke world record holder Ryosuke Irie. If you watch him swim, his head remains completely still and centered. You won't see him throwing his head from side to side which is common among beginners. Balancing cup drill requires a plastic cup that can sit and balance on your forehead. Fill the cup up to 1/3 or 1⁄2 full with water, and then place the cup on your forehead and proceed to swim backstroke. The aim is to not let the cup fall off your head. By keeping your head stationary, it keeps the body centered and stops the swimmer from 'snaking'. If you are only starting out with backstroke, this drill is best done with fins.

Butterfly

One arm drill– Being one of the most popular butterfly drills, single arm drill can help you develop a clean hand entry, improve the catch and pull and help you get a feel for the correct timing of the kick. One arm drill is done by keeping one arm out in front of the head and doing the arm stroke with the opposite arm. In the recovery of the arm stroke, instead of keeping the arm straight, bend it as you would in freestyle and work on getting a 'clean' entry as the hand enters the water. It's best to do three left arm strokes, three right arm strokes and then 3 normal butterfly strokes.

Six kicks, two strokes – A strong kick is important in buttery, , and this drill encourages you to work on the kicking aspect. To do this drill, you take two normal butterfly strokes with normal kicking, and then after the two strokes you go underwater in a streamlined/torpedo position and do six dolphin/butterfly kicks. After the six kicks are completed you come back to the surface and perform another two strokes and repeat the process. If you are only starting out, six kicks may be too difficult to do, so begin with 2,3 or 4 kicks instead.

Keyhole drill – This is my personal favorite and for good reason. It helps you work on the pull and the timing of the kick and is a great drill even a beginner can do. To begin, your hands should scull out in front of you where the catch would normally begin. Kick with a light freestyle kick. After 3-4 seconds, pull through the water with both arms as if you were doing a buttery pull through. Your arms should follow the shape of an old-school key hole. At the beginning of the pull,butterfly kick to help you drive through the water and take breath. Bring your hands out in front again by bringing them up the centre of your body. Repeat this until you get to the end of the pool.

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GLOSSARY OF TERMS

There are some terms in the workouts which you might not be familiar with. Here we've listed all the terms and their meaning and provided an example of each one.

Term	Meaning	Example
Build	Build up your speed. Start of easy and get faster towards to the end.	4x100 Build In each 100 you would start off easy and get faster towards the end of the 100.
Build 1-4	Build each one as you go. So the first one is the slowest and the 4th one is the fastest.	4x100 Build 1-4 Your first 100 would be the slowest and your last 100 would be the fastest.
Max / Max Effort / Sprint	As fast as you can go!	2x25 Max Two 25's as fast as you can go
Moderate	Swimming at a comfortable pace	300 moderate Swimming at a comfortable pace for 300 meters
Breathing 3/5 in 50's	This means you breath every 3rd stroke for the first 50 and every 5th stroke for the second 50	300 free breathing 3/5 in 50's Swim 300 meters breathing every 3rd stroke for the odd 50's and every 5th stroke for the even 50's
Drill	Your choice of any drill	8x50 Drill 50's of drill, you can change the drills as you go, they don't need to be the same

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Term	Meaning	Example
(30 sec rest)	Rest for 30 seconds in between	4x100 Free (30 sec rest) Swimming 100's of freestyle and resting for 30 seconds in between each 100 Pick a timeframe for each set and use that rather than counting 30 seconds rest. Example above: If you would come in on 1 minute 20 secs for you 100's, make your time frame 1 minute 50 secs.
@ 95%	Swimming at 95% effort	50 @ 95% Swimming 50 meters at 95% effort
Form	Form means any stroke but freestyle	200 form
Choice	Your choice of any stroke	300 choice Swim 300 meters of any stroke
Min/max free	Normal freestyle but kick as hard as you can and slow down your arms	25min/max free
--Repeat--	Repeat the set listed above	200 free 100 back --Repeat---

Effortless Swimming's Workouts

Workout #1 (Speed)

Goal - Maintain your speed in the main set once lactic acid sets in

Level 1	Level 2	Level 3
Warm Up 3x100 warm up 2x50 of 15m fast/35m easy on 1.45 2x (50 of 25kick fast/25 scull 50 of 25 main stroke@90% / 25 easy) 100 easy Main Set 6x50 Max effort with dive on 4 mins Cool Down 1x100 swim down	Warm Up 6x100 Swim of 2x free and 1x Choice 4x50 of 15m fast/35m easy on 1.30 4x (50 of 25kick fast/25 scull 100 of 25 main stroke@90% / 75 easy) 100 easy Main Set 6x50 Max effort with dive on 4 mins Cool Down 2x100 of choice	Warm Up 10x100 Swim of 4x free and 1x Medley 6x50 of 15m fast/35m easy on 1.10 4x (50 of 25kick fast/25 scull 100 of 25 main stroke@90% / 75 easy) 200 easy Main Set 6x50 Max effort with dive on 4 mins Cool Down 6x100 of 4x Medley/2x Choice
Total distance: 1.1km **TIme: 30 mins**	**Total distance: 2.0km** **Time: 60 minutes**	**Total distance: 3.0km** **Time: 85 minutes**

Effortless Swimming's Workouts

Workout #2 (Mixed)

Goal - Use aerobic set in warm up to get heart rate up, then see how fast you can go in the 50's with fins

Level 1	Level 2	Level 3
Warm Up 100 (50 free/50 back) 100 Free Breathing 3/5 in 50's 4x100 Free (2 x 15 sec rest 2 x 10 sec rest) 50 easy Main Set **Fins on** 4x (50 @ PB time on 2.00 50 recovery on 2.15) Cool Down 50 cool down	Warm Up 200 (150 free/50 back) 100 Free Breathing 3/5 in 50's 100 Medley 8x100 Free (4 x 15 sec rest 4 x 10 sec rest) 100 easy Main Set **Fins on** 6x (50 @ PB time on 1.30 50 recovery on 2.00) Cool Down 100 Medley 100 free breathing 3/5 in 50's	Warm Up 300 (100 free/50 back) 200 Free Breathing 3/5/3/7 in 50's 100 Medley 12x100 Free (4 x 15 sec rest 4 x 10 sec rest 4 x 5 sec rest) 200 easy Main Set - 4x100 main stroke @ moderate pace With fast start, turn and finish. 100 easy **Fins on** 6x (50 @ PB time on 1.15 50 recovery on 1.45) Cool Down 3x (100 Medley 150 free breathing 3/5/4 in 50's)
Total distance: 1.1km **TIme: 30 mins**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 4.1km** **Time: 80 minutes**

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Workout #3 (Mixed)

Goal - Feel the increase in speed in the negative split. Maintain good technique even when fatigued

Level 1	Level 2	Level 3
Warm Up 100 swim 50 freestyle breathing 3/5 in 25's 100 of 50 drill/50 swim 4x50 of 1. Build 2. 70%effort 3. 80% effort 4. 90% effort 50 easy Main Set **Negative split set** (The 2nd half of each length should be faster than the first ie. In the 400, the second 200 should be the fastest) 2x100 (1 min rest) 4x50 (30 sec rest) Cool Down 100 swim down	Warm Up 200 swim 100 freestyle breathing 3/5 in 50's 4x100 ODD - Medley EVEN - 50 drill/50 swim 2x (4x50) of 1. Build 2. 70%effort 3. 80% effort 4. 90% effort 100 easy Main Set 4x50 with Pull Buoy of 25 scull/25 swim **Negative split set** (The 2nd half of each length should be faster than the first ie. In the 400, the second 200 should be the fastest) 300 (1 min rest) 200 (30 sec rest) 2x100 (15 sec rest) Cool Down 100 swim down	Warm Up 2x200 swim 200 freestyle breathing 3/5/3/7 in 50's 6x100 ODD - Medley EVEN - 50 drill/50 swim 4x (4x50) of 1. Build 2. 70%effort 3. 80% effort 4. 90% effort 200 easy Main Set 8x50 with Pull Buoy of 25 scull/25 swim **Negative split set** (The 2nd half of each length should be faster than the first ie. In the 400, the second 200 should be the fastest) 400 (1 min rest) 2x200 (30 sec rest) 6x100 (15 sec rest) Cool Down 200 swim down
Total distance: 1.0km **Time: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.2km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #4 (Distance)

Goal - Work strength and control in main set, especially during fly and form work

Level 1	Level 2	Level 3
Warm Up 200 of 150 free/50 back 100 Freestyle breathing 3/4 in 50's 2x50 of 25 kick/25 swim Main Set **Fins on** 2x100 75 free/25 form stroke (30 sec rest) 4x50 free @ moderate pace (30 sec rest) Cool Down 100 swim down	Warm Up 300 of 200 free/100 back 2x100 Medley 2x150 Freestyle breathing 3/5/4 in 50's 2x50 of 25 kick/25 swim Main Set **Fins on** 4x100 25 fly/75 free (20 sec rest) 100 free recovery 4x100 50 form stroke/50 free (20 sec res) Cool Down 100 swim down	Warm Up 2x300 of 200 free/100 back 4x100 Medley 4x150 Freestyle breathing 3/5/4 in 50's 8x50 of 25 kick/25 swim Main Set 8x100 75 free/25 fly (15 sec rest) 8x100 free @ moderate pace (15 sec rest) 4x100 50 free/50 fly (15 sec res) 4x100 free @ med-hard pace (15 sec rest) Cool Down 300 swim down
Total distance: 1.0km **Time: 30 minutes**	**Total distance: 2.0km** **Time: 60 minutes**	**Total distance: 4.5km** **Time: 90 minutes**

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Workout #5 (Distance)

Goal - Hold aerobic pace in main set and pick up intensity towards end of it

Level 1	Level 2	Level 3
Warm Up 100 swim 3x50 of 1. Scull 2. Drill 3. Swim 3x50 Build 1-3 to 90% 100 easy Main Set **8x50** First 4 with 20 seconds rest Second 4 with 15 seconds rest Cool Down 100 swim down	Warm Up 200 swim 6x50 of 1. Scull 2. Drill 3. Swim 3x100 Build 1-3 to 90% 100 easy Main Set **12x100 Free** 4x 25 sec rest, 4x 20 sec rest, 4x 15 sec rest Cool Down 100 swim down	Warm Up 400 swim 12x50 of 1. Scull 2. Drill 3. Swim 3x200 Build 1-3 to 90% 200 easy Main Set **2x(12x100) Free** *Set 1* - 4x 20 sec rest, 4x 15 sec rest, 4x 10 sec rest *Set 2* - 4x 15 sec rest, 4x 10 sec rest, 4x 5 sec rest Cool Down 200 swim down
Total distance: 1.0km **Time: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.4km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #6 (Sprint)

Goal - Hit goal times in main set

Level 1	Level 2	Level 3
Warm Up 100 swim 2x50 1. 25 kick/25swim 2. 25 scull/25 swim 2x50 First 15m fast 2x100 ODD - Stroke count EVEN - Fast start, turn and finish Main Set 8x50 on 1.30 1. PB +12, 2. PB +10 3. PB +4 4. PB +8 5. PB +4 6. PB + 3 7. PB + 12 8. PB + 3 Cool Down 200 swim down	Warm Up 200 swim 6x50 1. 25 kick/25swim 2. 25 scull/25 swim 4x50 First 15m fast 6x100 ODD - Stroke count EVEN - Fast start, turn and finish Main Set 2x(8x50) on 1.30 1. PB +12, 2. PB +10 3. PB +4 4. PB +8 5. PB +4 6. PB + 3 7. PB + 12 8. PB + 3 Cool Down 200 swim down	Warm Up 300 swim 8x50 1. 25 kick/25swim 2. 25 scull/25 swim 6x50 First 15m fast 8x100 ODD - Stroke count EVEN - Fast start, turn and finish Main Set 3x(8x50) on 1.30 1. PB +12, 2. PB +10 3. PB +4 4. PB +8 5. PB +4 6. PB + 3 7. PB + 12 8. PB + 3 Cool Down 200 swim down
Total distance: 1.1km **Time: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.0km** **Time: 90 minutes**

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Workout #7 (Mixed)

Goal - Main set is skills focused. Hold breath control and stroke count throughout

Level 1	Level 2	Level 3
Warm Up 3x100 - 1x Swim, 1x Form stroke, 1x Pull 2x50 drills 4x25 Main stroke - Building 1-4 to fast Main Set 4x50 Main stroke - Build 1-4 to 90% 4x75 Freestyle - ODD Breathing 3/5/4 in 25's - EVEN Holding same stroke count each lap Cool Down 100 swim down	Warm Up 6x100 - Doing 1x Swim, 1x Medley, 1x Pull 4x50 drills 2x(4x25) Main stroke - Building 1-4 in each set 100 easy Main Set 4x100 Main stroke - Build 1-4 to 90% 4x150 Freestyle - ODD Breathing 3/5/4 in 50's - EVEN Holding same stroke count each lap Cool Down 100 swim down	Warm Up 12x100 - Doing 2x Swim, 1x Medley, 1x Pull 6x50 drills 4x(4x25) Main stroke - Building 1-4 in each set 100 easy Main Set 2x(4x100) Main stroke - Build 1-4 to 90% 8x150 Freestyle - ODD Breathing 3/5/4 in 50's - EVEN Holding same stroke count each lap Cool Down 3x100 swim down
Total distance: 1.1km **Time: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #8 (Distance)

Goal - Work hard in main set and see what times you can get down to on every 3rd one

Level 1	Level 2	Level 3
Warm Up 100 swim 1x100 with Pull buoy - 50 back/50 free 2x50 25 kick on back/25 swim 1x 50 Build (40 sec rest) 100 Build (60 sec rest) 200 Build (80 sec rest) Main Set 3x100 Build 1-3 to fast (30 sec rest) Cool Down 100 swim down	Warm Up 300 swim 3x100 with Pull buoy - 50 back/50 free 4x50 25 kick on back/25 swim 2x 50 Build (20 sec rest) 100 Build (40 sec rest) 200 Build (60 sec rest) Main Set 1x(3x200) Build 1-3 to fast (30 sec rest) Cool Down 100 swim down	Warm Up 600 swim 6x100 with Pull buoy - 50 back/50 free 8x50 25 fly kick on back/25 swim 4x 50 Build (20 sec rest) 100 Build (40 sec rest) 200 Build (60 sec rest) Main Set 2x(3x200) Build 1-3 to fast (30 sec rest) Cool Down 200 swim down
Total distance: 1.05km **Time: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.4km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #9 (Mixed)

Goal - Maintain your speed in the main set once lactic acid sets in

Level 1	Level 2	Level 3
Warm Up 100 swim 1x100 with Pull buoy - 50 back/50 free 2x50 25 kick on back/25 swim 1x 50 Build (40 sec rest) 100 Build (60 sec rest) 200 Build (80 sec rest) Main Set 3x100 Build 1-3 to fast (30 sec rest) Cool Down 100 swim down	Warm Up 300 swim 3x100 with Pull buoy - 50 back/50 free 4x50 25 kick on back/25 swim 2x 50 Build (20 sec rest) 100 Build (40 sec rest) 200 Build (60 sec rest) Main Set 1x(3x200) Build 1-3 to fast (30 sec rest) Cool Down 100 swim down	Warm Up 2x400 of 200 free/100 back/100 drill 6x50 15m easy/30m fast/15m easy 8x50 25 fly kick on back/25 swim 4x 50 Build (20 sec rest) 100 Build (40 sec rest) 200 Build (60 sec rest) Main Set 2x(3x200) Build 1-3 to fast (30 sec rest) Cool Down 200 swim down
Total distance: 1.05km **Time: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.4km** **Time: 90 minutes**

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Workout #10 (Distance)

Goal - Fatigue yourself at start of main set with the build set, then work hard under fatigue on the second set

Level 1	Level 2	Level 3
Warm Up 100 free/50 form stroke 2x50 with Pull Buoy 25 scull/25 free 50 easy Main Set 3x100 Build 1-3 to fast (60 sec rest) 50 easy 6x50 Medium-Fast pace (20 sec rest) Cool Down 150 swim down	Warm Up 300 of 200 free/100 form stroke 4x50 Medley order 4x50 with Pull Buoy 25 scull/25 free 100 easy Main Set 3x200 Build 1-3 to fast (60 sec rest) 100 easy 5x100 Medium-Fast pace (15 sec rest) Cool Down 100 swim down	Warm Up 3x300 200 free/100 form stroke 3x(4x50) Medley order 8x50 with Pull Buoy 25 scull/25 free 200 easy Main Set 3x600 Build 1-3 to fast (60 sec rest) 200 easy 6x100 Medium-Fast pace (10 sec rest) Cool Down 200 swim down
Total distance: 1.10km **Time: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.9km** **Time: 90 minutes**

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Workout #11 (Sprint)

Goal - Explosive speed in the main set

Level 1	Level 2	Level 3
Warm Up 100 free 50 choice 25 pull 25 kick 2 x 50 drill (20 sec rest) 4 x 25 Build 1-4 to 90% (30 sec rest) Main Set 100 of 25 max/75 easy (30 sec rest) 150 of 35 max/115 easy (30 sec rest) 200 of 50 max/150 easy Cool Down 100 of 50 free/50 back	Warm Up 200 free 100 choice 50 pull 50 kick 4 x 50 drill (20 sec rest) 4 x 50 Build 1-4 to 90% (30 sec rest) Main Set 100 of 25 max/75 easy (30 sec rest) 150 of 35 max/115 easy (30 sec rest) 200 of 50 max/150 easy --Repeat-- Cool Down 200 of 50 free/50 back 4x50 drills	Warm Up 400 free 300 choice 200 pull 100 kick 4 x 50 drill (20 sec rest) 4 x 50 Build 1-4 to 90% (30 sec rest) Main Set 100 of 25 max/75 easy (30 sec rest) 150 of 35 max/115 easy (30 sec rest) 200 of 50 max/150 easy --Repeat 2 more times-- Cool Down 400 of 50 free/50 back 4x50 drills
Total distance: 0.90km **Time: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.5km** **Time: 90 minutes**

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Workout #12 (Sprint)

Goal - Working lungs and heart rate control through session

Level 1	Level 2	Level 3
Warm Up 2 x 150 (45 sec rest) - ODD Free - EVEN 25 minimum breaths/ 75 back/ 50 build Main Set 4 x 100 (60 sec rest) - ODD 25 scull/ 50 breathing every 3 strokes/ 25 free - EVEN 25 easy/ 50 max/ 25 easy) Cool Down 8 x 25 (15 sec rest) - ODD Kick - EVEN Pull 100 free or backstroke	Warm Up 6 x 150 (20 sec rest) - ODD Free - EVEN 25 of 3 breaths only/ 75 back/ 50 build Main Set 6 x 100 (30 sec rest) - ODD 25 scull/ 50 breathing every 3 strokes/ 25 form - EVEN 25 easy/ 50 max/ 25 easy) Cool Down 6 x 50 (15 sec rest) - ODD Kick - EVEN Pull 200 backstroke	Warm Up 10 x 150 (20 sec rest) - ODD Free - EVEN 25 no breath/ 75 back/ 50 build Main Set 10 x 100 (30 sec rest) - ODD 25 scull/ 50 breathing every 5 strokes/ 25 fly - EVEN 25 easy/ 50 max/ 25 easy) Cool Down 10 x 50 (15 sec rest) - ODD Kick - EVEN Pull 200 backstroke
Total distance: 0.90km **Time: 30 minutes**	**Total distance: 2.0km** **Time: 60 minutes**	**Total distance: 3.2km** **Time: 90 minutes**