

## Effortless Swimming Workouts

Welcome to the Effortless Swimming Workouts 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](http://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 butterfly/dolphin kicks instead of breaststroke kicks. It's best to do two butterfly 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.

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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 butterfly, 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 butterfly 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.

# Effortless Swimming Workouts

## 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 off easy and get faster towards 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 breathe 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

## Effortless Swimming Workouts

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 Workouts

Workout #1 - Speed & strength

*Goal - Big warm up with some speed strength work in the 8x50's. Push the fly hard in the main set and make the distance*

Level 1	Level 2	Level 3
<p><u>Warm Up</u> 400 free 3x100 of 1x back 1x breast 1x free 8x50 of 25 kick / 25 swim</p> <p><u>Main Set</u></p> <p>4x50 with fins 1. 20m fly / 30m free 2. 30m fly / 20m free 3. 40m fly / 10m free 4. 50m fly 100 easy freestyle</p> <p><u>Cool Down</u></p> <p>200 swim down</p>	<p><u>Warm Up</u> <b>2 sets of:</b> 400 free 3x100 of 1x back 1x breast 1x free 8x50 of: Set 1 - Pull buoy (Build 1 -4) Set 2 - Fins and paddles (Build 1-4)</p> <p><u>Main Set</u></p> <p><b>2 sets of:</b> 4x50 1. 20m fly / 30m free 2. 30m fly / 20m free 3. 40m fly / 10m free 4. 50m fly 100 easy freestyle</p> <p><u>Cool Down</u></p> <p>100 swim down</p>	<p><u>Warm Up</u> <b>3 sets of:</b> 400 free 3x100 of 1x back 1x breast 1x free 8x50 of: Set 1 - 25 kick/25 swim Set 2 - Pull buoy (Build 1 -4) Set 3 - Fins and paddles (Build 1-4)</p> <p><u>Main Set</u></p> <p><b>3 sets of:</b> 4x50 1. 20m fly / 30m free 2. 30m fly / 20m free 3. 40m fly / 10m free 4. 50m fly 100 easy freestyle</p> <p><u>Cool Down</u></p> <p>200 swim down</p>
<p><b>Total distance: 1.6km</b> <b>Time: 30 mins</b></p>	<p><b>Total distance: 3km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4.4km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming Workouts

### Workout #2 - Aerobic speed

*Goal - Main set develops speed when swimming at an aerobic pace. Lift your speed in the hard efforts and control your heart rate in the aerobic pace*

Level 1	Level 2	Level 3
<u>Warm Up</u> 400 swim <b>2 sets of:</b> 50 of 12 kicks / 3 stroke changeover 50 fingertip drag 50 build  <u>Main Set</u>  300 aerobic 100 hard  200 aerobic 100 hard  100 aerobic 100 hard  100 easy  20x50 Odd - Fly Even Easy free or back <u>Cool Down</u> 100 recovery swim down	<u>Warm Up</u> 600 swim  <b>2 sets of:</b> 50 of 12 kicks / 3 stroke changeover 50 fingertip drag 50 build <u>Main Set</u> <b>2 sets of:</b> 300 aerobic 100 hard <b>1 sets of:</b> 200 aerobic 100 hard <b>1 set of:</b> 100 aerobic 100 hard  100 easy  8x50 25 fly / 25 free <u>Cool Down</u> 100 recovery swim down	<u>Warm Up</u> 600 swim <b>4 sets of:</b> 50 of 12 kicks / 3 stroke changeover 50 fingertip drag 50 build  <u>Main Set</u> <b>3 sets of:</b> 300 aerobic 100 hard <b>2 sets of:</b> 200 aerobic 100 hard <b>1 set of:</b> 100 aerobic 100 hard  200 easy  20x50 Odd - Fly Even - Easy free or back <u>Cool Down</u> 200 recovery swim down
<b>Total distance: 1.8km</b> <b>Time: 30 mins</b>	<b>Total distance: 2.8km</b> <b>Time: 60 minutes</b>	<b>Total distance: 4.6km</b> <b>Time: 90 minutes</b>

## Effortless Swimming Workouts

### Workout #3 - Speed

*Goal - Lots of 25m sprints which are good for practicing race pace and getting used to swimming at speed. Guns blazing!*

Level 1	Level 2	Level 3
<p><u>Warm Up</u> 200 of 150 free / 50 back 50 kick 50 drill 50 swim</p> <p><u>Main Set</u></p> <p>12x25 fast 4x100 aerobic pace 8x25 fast 100 IM 4x25 fast</p> <p><u>Cool Down</u></p> <p>50 swim down</p>	<p><u>Warm Up</u> 400 of 150 free / 50 back <b>2 sets of:</b> 50 kick 50 drill 50 swim</p> <p><u>Main Set</u></p> <p>12x25 fast 3x200 aerobic pace 8x25 fast 3x100 IM (Build 1-3) 4x25 fast</p> <p><u>Cool Down</u></p> <p>300 swim down</p>	<p><u>Warm Up</u> 600 of 150 free / 50 back <b>4 sets of:</b> 50 kick 50 drill 50 swim</p> <p><u>Main Set</u></p> <p>12x25 fast 6x200 aerobic pace 8x25 fast 5x100 IM (Build 1-5) 4x25 fast</p> <p><u>Cool Down</u></p> <p>500 swim down</p>
<p><b>Total distance: 1.5km</b> <b>Time: 30 mins</b></p>	<p><b>Total distance: 2.5km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4km</b> <b>Time: 90 minutes</b></p>



## Effortless Swimming Workouts

Workout #4 - Anaerobic / Quality work

*Goal* - Hit the 200 speed times even as it gets tougher at the end of the set. Your 200 speed is your 200m PB time divided by 4.

Level 1	Level 2	Level 3
<p><u>Warm Up</u> 4x100 of: 1) 50 fr / 50 bk 2) 25 scull/75 swim 3) 25 fast / 75 easy 4) 200 easy free</p> <p>4x50 of: 1) 30m of freestyle with fast kick 2) Straight arm free 3) 15m fast / 35m easy 4) Build</p> <p>100 easy <u>Main Set</u></p> <p>50 of 25 fast / 25 easy 4x50 @ 200 speed + 3 seconds 3x50 @ 200 speed + 2 seconds 2x50 @ 200 speed +1 second 1x50 @ 200 speed</p> <p><u>Cool Down</u></p> <p>150 easy swimming with some backstroke</p>	<p><u>Warm Up</u> 6x200 of: 1) 150 fr / 50 bk 2) 25 scull/75 swim 3) Pull 4) IM 5) 25 fast / 75 easy 6) 200 easy free</p> <p>4x50 of: 1) 30m of freestyle with fast kick 2) Straight arm free 3) 15m fast / 35m easy 4) Build</p> <p>100 easy <u>Main Set</u></p> <p><b>2 sets of:</b> 50 of 25 fast / 25 easy 4x50 @ 200 speed + 3 seconds 3x50 @ 200 speed + 2 seconds 2x50 @ 200 speed +1 second 1x50 @ 200 speed 150 recovery <u>Cool Down</u></p> <p>200 easy swimming with some backstroke</p>	<p><u>Warm Up</u> 6x200 of: 1) 150 fr / 50 bk 2) 25 scull/75 swim 3) Pull 4) IM 5) 25 fast / 75 easy 6) 200 easy free</p> <p>8x50 of: 1) 30m of freestyle with fast kick 2) Straight arm free 3) 15m fast / 35m easy 4) Build</p> <p>200 easy <u>Main Set</u></p> <p><b>2 sets of:</b> 50 of 25 fast / 25 easy 4x50 @ 200 speed + 3 seconds 3x50 @ 200 speed + 2 seconds 2x50 @ 200 speed +1 second 1x50 @ 200 speed 150 recovery <u>Cool Down</u></p> <p>300 easy swimming with some backstroke</p>
<p><b>Total distance: 1.8km</b> <b>Time: 40 minutes</b></p>	<p><b>Total distance: 2.9km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.3km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming Workouts

### Workout #5 - Medley

*Goal - Take your times for the freestyle in the main set and work at close to max effort in the last one. Gets tough with the medleys inbetween*

Level 1	Level 2	Level 3
<u>Warm Up</u> 200 swim 2x100 of 50 kick on back/50 fingertip drill  <u>Main Set</u>  200 free at 70% 100 IM 200 free @ 80% 2x100 IM 200 free @ 90% 3x100 IM  <u>Cool Down</u>  100 easy swimming with some backstroke	<u>Warm Up</u> 500 swim 4x100 of 50 kick on back/50 fingertip drill  <u>Main Set</u>  200 free at 70% 100 IM 200 free @ 80% 2x100 IM 200 free @ 90% 3x100 IM  10x50 Odd - 15m fast/25 easy Even - 40m easy / 10m fast  <u>Cool Down</u>  200 easy swimming with some backstroke	<u>Warm Up</u> 500 swim 5x100 of 50 kick on back/50 fingertip drill  <u>Main Set</u>  400 free at 70% 200 IM 400 free @ 80% 2x200 IM 400 free @ 90% 3x200 IM  16x50 Odd - 15m fast/25 easy Even - 40m easy / 10m fast  <u>Cool Down</u>  300 easy swimming with some backstroke
<b>Total distance: 1.7km</b> <b>Time: 40 minutes</b>	<b>Total distance: 2.8km</b> <b>Time: 60 minutes</b>	<b>Total distance: 4.5km</b> <b>Time: 100 minutes</b>

## Effortless Swimming Workouts

### Workout #6 - Speed

*Goal - Practicing the individual parts of a 100m race. Work hard in the sprints while the lactic acid builds up.*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>200 warm up 2x100 Odd - IM Even - 25 scull/75 swim</p> <p><u>Main Set</u></p> <p><b>3 sets of:</b> 50 of 20m fast / 30m easy 100 of 50 moderate pace/20m fast/30m easy 50 @ 95% 200 @ PB + 40 seconds</p> <p><u>Cool Down</u></p> <p>100 easy swimming</p>	<p><u>Warm Up</u></p> <p>300 warm up 4x100 Odd - IM Even - 25 scull/75 swim</p> <p><u>Main Set</u></p> <p><b>4 sets of:</b> 50 of 20m fast / 30m easy 100 of 50 moderate pace/20m fast/30m easy 50 @ 95% 200 @ PB + 40 seconds</p> <p><u>Cool Down</u></p> <p>200 easy swimming</p>	<p><u>Warm Up</u></p> <p>500 warm up 8x100 Odd - IM Even - 25 scull/75 swim</p> <p><u>Main Set</u></p> <p><b>6 sets of:</b> 50 of 20m fast / 30m easy 100 of 50 moderate pace/20m fast/30m easy 50 @ 95% 200 @ PB + 40 seconds</p> <p><u>Cool Down</u></p> <p>400 easy swimming</p>
<p><b>Total distance: 1.7km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 2.5km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4.1km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming Workouts

### Workout #7 - The Ultimate Fly Set

*Goal - Prepare to burn! Lots of fly, finding a good rhythm and keeping relaxed. Building general fitness and strength. Good for your aerobic base fitness.*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>200 free 200 of 50 back/scull/kick/drill</p> <p><u>Main Set</u></p> <p>200 of 25 fly / 25 free (fins) 200 back</p> <p>200 of 50 fly / 50 free (fins) 200 back</p> <p>200 of 100 fly /100 free (fins) 200 back</p> <p><u>Cool Down</u></p> <p>4x50 kick 100 easy swim</p>	<p><u>Warm Up</u></p> <p><b>2 sets of:</b> 200 free 200 of 50 back/scull/kick/drill</p> <p><u>Main Set</u></p> <p>400 of 25 fly / 25 free 200 back</p> <p>400 of 50 fly / 50 free (fins) 200 back</p> <p>400 of 100 fly /100 free (fins) 200 back</p> <p><u>Cool Down</u></p> <p>4x50 kick 100 easy swim</p>	<p><u>Warm Up</u></p> <p><b>3 sets of:</b> 200 free 200 of 50 back/scull/kick/drill</p> <p><u>Main Set</u></p> <p>800 of 25 fly / 25 free 200 back</p> <p>400 of 50 fly / 50 free 200 back</p> <p>400 of 100 fly /100 free 200 back</p> <p><u>Cool Down</u></p> <p>10x50 kick 100 easy swim</p>
<p><b>Total distance: 1.9km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 2.7km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming Workouts

Workout #8 - Recovery

*Goal - Rolling through some easy swimming. Focus on good technique and swimming smooth*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p><b>With fins:</b> 200 free/100 back/100 side kick/100 drill</p> <p><u>Main Set</u></p> <p>6x50 drill 6x50 free breathing every 7 strokes 4x100 holding stroke count</p> <p><u>Cool Down</u></p> <p>200 swim down</p>	<p><u>Warm Up</u></p> <p><b>1000 with fins of:</b> 200 free/100 back/100 side kick/100 drill</p> <p><u>Main Set</u></p> <p>12x50 drill 12x50 free breathing every 5 strokes 6x100 holding stroke count</p> <p><u>Cool Down</u></p> <p>200 swim down</p>	<p><u>Warm Up</u></p> <p><b>2000 with fins of:</b> 200 free/100 back/100 side kick/100 drill</p> <p><u>Main Set</u></p> <p>12x50 drill 12x50 free breathing every 7 strokes 6x100 holding stroke count</p> <p><u>Cool Down</u></p> <p>200 swim down</p>
<p><b>Total distance: 1.7km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming Workouts

Workout #9 - Anaerobic threshold

*Goal - Max efforts, practicing your race back end speed. Working on increasing your lactic tolerance*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>400 swim 300 of 50 kick/drill/swim 200 IM 100 scull 4x50 of 20m fast / 30m easy 200 easy</p> <p><u>Main Set</u> 50 @ 80% effort 50 @ 90% effort 50 max 50 recovery 50 max 50 recovery 100 max 200 recovery</p> <p><u>Cool Down</u></p> <p>200 swim</p>	<p><u>Warm Up</u></p> <p>400 swim 300 of 50 kick/drill/swim 200 IM 100 scull 8x50 of 20m fast / 30m easy 200 easy</p> <p><u>Main Set</u> <b>2 sets* of:</b> 50 @ 80% effort 50 @ 90% effort 50 max 50 recovery 50 max 50 recovery 100 max 200 recovery <i>*Set 1 - swim Set 2 - Swim with fins and paddles</i></p> <p><u>Cool Down</u></p> <p>200 swim</p>	<p><u>Warm Up</u></p> <p>400 swim 300 of 50 kick/drill/swim 200 IM 100 scull 8x50 of 20m fast / 30m easy 200 easy</p> <p><u>Main Set</u> <b>3 sets* of:</b> 50 @ 80% effort 50 @ 90% effort 50 max 50 recovery 50 max 50 recovery 100 max 200 recovery <i>*Set 1 - swim Set 2 - Kick (fins) Set 3 - Swim with fins and paddles</i></p> <p><u>Cool Down</u></p> <p>200 swim</p>
<p><b>Total distance: 2.2km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 3km</b> <b>Time: 60minutes</b></p>	<p><b>Total distance: 3.6km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming Workouts

### Workout #10 - Distance

*Goal - 100's start out comfortable but towards the end there is almost no rest. Looking for a good burn in the last set*

Level 1	Level 2	Level 3
<p><u>Warm Up</u> 200 choice</p> <p><u>Main Set</u></p> <p>8x100 on 2.00 6x100 on 1.55 4x100 on 1.50</p> <p><i>90 seconds rest between sets. Adjust timeframes so you are just making the last set.</i></p> <p><u>Cool Down</u></p> <p>200 easy</p>	<p><u>Warm Up</u> 2x200 choice</p> <p><u>Main Set</u></p> <p>8x100 on 1.50 6x100 on 1.45 4x100 on 1.40 2x100 on 1.35</p> <p><i>90 seconds rest between sets. Adjust timeframes so you are just making the last set.</i></p> <p>200 easy</p> <p>6x50 Odd - scull Even - 25 fly/25 free</p> <p><u>Cool Down</u></p> <p>200 easy</p>	<p><u>Warm Up</u> 4x200 choice</p> <p><u>Main Set</u></p> <p>10x100 on 1.30 8x100 on 1.25 6x100 on 1.20 4x100 on 1.15</p> <p><i>90 seconds rest between sets. Adjust timeframes so you are just making the last set.</i></p> <p>400 easy</p> <p>12x50 Odd - scull Even - 25 fly/25 free</p> <p><u>Cool Down</u></p> <p>200 easy</p>
<p><b>Total distance: 2.2km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 3.1km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4.8km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming Workouts

Workout #11 - Lactic tolerance

*Goal - Best average means as fast as you can hold for the set without blowing up. So you're holding as quick as you can for each 200.*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>200 mix up</p> <p><b>2 sets of:</b> 50 kick 50 free (no kick) 50 of 15m fast / 35 easy</p> <p>3x100 Build 1-3 200 easy</p> <p><u>Main Set</u></p> <p>5x200 Best average - 100 recovery after each 200</p> <p><u>Cool Down</u></p> <p>4x50 Fins Alternating back/breast/free</p>	<p><u>Warm Up</u></p> <p>400 mix up</p> <p><b>4 sets of:</b> 50 kick 50 free (no kick) 50 of 15m fast / 35 easy</p> <p>3x100 Build 1-3 200 easy</p> <p><u>Main Set</u></p> <p>5x200 Best average - 100 recovery after each 200</p> <p><u>Cool Down</u></p> <p>10x50 Fins Alternating back/breast/free</p>	<p><u>Warm Up</u></p> <p>600 mix up</p> <p><b>4 sets of:</b> 50 kick 50 free (no kick) 50 of 15m fast / 35 easy</p> <p>3x100 Build 1-3 200 easy</p> <p><u>Main Set</u></p> <p>5x200 Best average - 100 recovery after each 200</p> <p><u>Cool Down</u></p> <p>18x50 Fins Alternating back/breast/free</p>
<p><b>Total distance: 2.2km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 3km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.6km</b> <b>Time: 90 minutes</b></p>



## Effortless Swimming Workouts

Workout #12 - Recovery and technique

Goal - Easy session of fins and paddles

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>200 Easy swim 4x50 Kick/Drill/Swim/Build 100 Build in each 100 100 easy</p> <p><u>Main Set</u></p> <p><b>FINS and paddles</b> <b>10x100 of:</b> 3x free 2x back</p> <p><u>Cool Down</u></p> <p>100 easy</p>	<p><u>Warm Up</u></p> <p>2x200 Easy swim 6x50 Kick/Drill/Swim/Build 4x100 Build in each 100 200 easy</p> <p><u>Main Set</u></p> <p><b>FINS and paddles</b> <b>14x100 of:</b> 3x free 2x back 2x IM</p> <p><u>Cool Down</u></p> <p>200 easy</p>	<p><u>Warm Up</u></p> <p>4x200 Easy swim 12x50 Kick/Drill/Swim/Build 4x100 Build in each 100 200 easy</p> <p><u>Main Set</u></p> <p><b>FINS and paddles</b> <b>14x100 of:</b> 3x free 2x back 2x IM</p> <p><u>Cool Down</u></p> <p>200 easy</p>
<p><b>Total distance: 1.7km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 2.7km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.4km</b> <b>Time: 90 minutes</b></p>