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---

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Workout #1

Goal - Keep you heart rate under control in the main set and increase speed in fast 100's

Level 1	Level 2	Level 3
Warm Up 100 Swim 100 in 25's of scull/swim/kick/swim 100 of 50 drill / 50 swim 100 Freestyle (Build) Main Set 6x100 Aerobic Pace (30 sec rest) - Every 2nd 100 is fast 4x50 of 15m fast / 35 easy every 1.30 Cool Down 100 easy	Warm Up 200 Swim 200 in 25's of scull/swim/kick/swim 100 of 50 drill / 50 swim 100 IM 100 Freestyle (Build) Main Set 12x100 Aerobic Pace (20 sec rest) - Every 3rd 100 is fast 6x50 of 15m fast / 35 easy every 1.20 Cool Down 200 easy	Warm Up 500 Swim 400 in 25's of scull/swim/kick/swim 300 of 50 drill / 50 swim 200 IM 100 Freestyle (Build) Main Set 20x100 Aerobic Pace (15 sec rest) - Every 4th 100 is fast 12x50 of 15m fast / 35 easy every 1 minute Cool Down 200 easy
Total distance: 1.3km **TIme: 30 mins**	**Total distance: 2.5km** **Time: 60 minutes**	**Total distance: 4.3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #2

Goal - Hit heart rate goal at start of main set, work hard in the 'build' efforts at end of main set

Level 1	Level 2	Level 3
Warm Up 200 swim 50 Kick on back 4x25 of 12.5 fast / 12.5 easy Main Set 3x100 at 40-60 Beats below max heart rate - Hold good technique - 20 secs rest 4x50 ODD- 25 scull/swim EVEN - 15m Fast/35 easy 4x50 Build 1-4 (20 secs rest) Cool Down 150 cool down	Warm Up 200 swim 100 IM 100 Kick on back 4x50 of 25 fast / 25 easy Main Set 3x200 at 40-60 Beats below max heart rate - Hold good technique - 20 secs rest 4x50 ODD- 25 scull/swim EVEN - 15m Fast/35 easy 3x100 Build 1-3 (40 secs rest) 3x50 Build 1-3 (30 secs rest) 4x25 Build 1-4 (20 secs rest) Cool Down 150 cool down	Warm Up 300 swim 200 IM 100 Kick on back 4x50 of 25 fast / 25 easy Main Set 8x200 at 40-60 Beats below max heart rate - Hold good technique - 20 secs rest 8x50 ODD- 25 scull/swim EVEN - 15m Fast/35 easy 3x200 Build 1-3 (40 secs rest) 3x100 Build 1-3 (30 secs rest) 4x50 Build 1-4 (20 secs rest) Cool Down 3x100 cool down
Total distance: 1.2km **TIme: 30 mins**	**Total distance: 2km** **Time: 60 minutes**	**Total distance: 4.2km** **Time: 90 minutes**

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Workout #3

Goal - Challenging set, maintain times in main set

Level 1	Level 2	Level 3
Warm Up 6x50 of: - 3x 50 free - 1x 50 back - 2x 25 kick/swim 4x25 of 12.5 fast / 12.5 easy Main Set 6x50 at 90% effort on 1.30 50 easy 6x50 at 90% effort on 1.30 Cool Down 50 cool down	Warm Up 6x100 of: - 3x 50 free/50 back - 1x 100 IM - 2x 25 scull/swim/kick/swim 4x25 of 12.5 fast / 12.5 easy 100 easy Main Set 6x50 at 90% effort on 1.15 100 easy 6x50 at 90% effort on 1.15 100 easy 4x50 at 90% effort on 1.15 100 easy 4x50 at 90% effort on 1.15 Cool Down 100 cool down	Warm Up 6x200 of: - 3x 150 free/50 back - 1x 100 IM / 100 IM - 2x 50 scull/swim/kick/swim 4x50 of 25 fast / 25 easy 100 easy Main Set 12x50 at 90% effort on 1.00 200 easy 10x50 at 90% effort on 1.00 200 easy 8x50 at 90% effort on 1.00 200 easy 6x50 at 90% effort on 1.00 Cool Down 200 cool down
Total distance: 1.1km **TIme: 30 mins**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.1km** **Time: 90 minutes**

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Workout #4

Goal - Hold heart rate during main set. Consistent times.

Level 1	Level 2	Level 3
Warm Up 3x100 of: - 2x swim - 1x 25 kick / 25 swim 4x50 of: - 2x 20m fast / 30m easy - 1x 25 scull / 25 swim - 1x Drill Main Set 4x50 at 30-40 beats below max heart rate - 20 secs rest between 50's - 1 min rest between sets --Repeat-- Cool Down 100 cool down	Warm Up 3x200 of: - 2x swim - 1x 25 kick / 25 swim 6x50 of: - 1x 20m fast / 30m easy - 1x 25 scull / 25 swim - 1x Drill Main Set 3x100 at 30-40 beats below max heart rate - 20 secs rest between 100's - 1 min rest between sets --Repeat 2 more times-- Cool Down 2x100 cool down	Warm Up 3x300 of: - 2x swim - 1x 25 kick / 25 swim 12x50 of: - 1x 20m fast / 30m easy - 1x 25 scull / 25 swim - 1x Drill Main Set 3x200 at 30-40 beats below max heart rate - 20 secs rest between 200's - 1 min rest between sets --Repeat 3 more times-- Cool Down 4x100 cool down
Total distance: 1km **TIme: 30 minutes**	**Total distance: 2km** **Time: 60 minutes**	**Total distance: 4.3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #5

Goal - Sessions is all focused on drills and technique.

Level 1	Level 2	Level 3
Warm Up 100 swim 2x25 Scull 2x25 Kick 6x50 of 25 drill / 25 swim Main Set 3x100 Stroke count (30 secs rest) - Count strokes and keep consistent throughout set 4x50 of 20m fast / 30m easy - Hold good technique Cool Down 100 free/back	Warm Up 200 swim 2x50 Scull 2x50 Kick 12x50 of 25 drill / 25 swim Main Set 6x100 Stroke count (30 secs rest) - Count strokes and keep consistent throughout set 6x50 of 20m fast / 30m easy - Hold good technique Cool Down 200 free/back	Warm Up 400 swim 4x50 Scull 4x50 Kick 16x50 of 25 drill / 25 swim Main Set 10x100 Stroke count (30 secs rest) - Count strokes and keep consistent throughout set 10x50 of 20m fast / 30m easy - Hold good technique Cool Down 400 free/back
Total distance: 1.1km **TIme: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.5km** **Time: 80 minutes**

Effortless Swimming's Workouts

Workout #6

Goal - Work your back end speed in the 50's in the main set

Level 1	Level 2	Level 3
Warm Up 6x75 ODD - Freestyle EVEN - Form 6x25 12 Kicks / 3 strokes changeover drill Main Set 25 Fast / 25 easy 3x50 @ 90% on 2.00 100 easy 4x25 max Cool Down 100 easy	Warm Up 6x150 ODD - Freestyle EVEN - 50 Single arm fly/Back/ Breast 6x50 12 Kicks / 3 strokes changeover drill 4x25 scull Main Set 25 Fast / 25 easy 3x50 @ 90% on 1.30 100 easy -- Repeat -- 8x25 max Cool Down 100 easy	Warm Up 12x150 ODD - Freestyle EVEN - 50 Fly/Back/Breast 12x50 12 Kicks / 3 strokes changeover drill 6x25 scull Main Set 25 Fast / 25 easy 3x50 @ 90% on 1.30 100 easy --Repeat two more times--- 8x25 max Cool Down 200 easy
Total distance: 1.1km **TIme: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 3.8km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #7

Goal - Get your time on the time trial. Work hard in the main set after the time trial.

Level 1	Level 2	Level 3
Warm Up 100 swim 2x50 ODD - 25 Scull/Swim EVEN - 25 Kick/Swim 4x25 Build 1-4 to 90% on 1.30 100 easy Main Set 100 Dive Time trial 50 easy 8x50 Alt 90% and easy (20 secs rest) 50 easy 6x25 Alt 90% and easy (20 secs rest) Cool Down 100 easy swim	Warm Up 200 swim 4x50 ODD - 25 Scull/Swim EVEN - 25 Kick/Swim 4x15m Fast 4x50 Build 1-4 to 90% on 1.45 100 easy Main Set 100 Dive Time trial 100 easy 6x100 Alt 90% and easy (20 secs rest) 100 easy 6x50 Alt 90% and easy (20 secs rest) Cool Down 100 easy swim	Warm Up 400 swim 3x100 IM 8x50 ODD - 25 Scull/Swim EVEN - 25 Kick/Swim 4x15m Fast 4x50 Build 1-4 to 90% on 1.30 100 easy Main Set 100 Dive Time trial 200 easy 10x100 Alt 90% and easy (20 secs rest) 200 easy 12x50 Alt 90% and easy (20 secs rest) Cool Down 300 easy swim
Total distance: 1.4km **TIme: 35 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.9km** **Time: 80 minutes**

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Workout #8

Goal - Threshold set, working at high heart rate for most of main set. Push yourself!

Level 1	Level 2	Level 3
Warm Up 100 choice 2x50 25 Fly or Back/25 free (20 sec rest) 2x25 Kick Alt Fast and Easy (20 sec rest) 50 Free Build Main Set 3x100 @ 30 BBM (40 sec rest) 100 recovery 2x100 @ 20 BBM (40 secs rest) 100 recovery 1x100 Max (20 sec rest) Cool Down 50 easy swim	Warm Up 200 choice 4x50 25 Fly or Back/25 free (20 sec rest) 4x25 Kick Alt Fast and Easy (20 sec rest) 100 Free Build Main Set 6x100 @ 30 BBM (40 sec rest) 200 recovery 4x100 @ 20 BBM (40 secs rest) 200 recovery 2x100 Max (40 sec rest) Cool Down 100 easy swim	Warm Up 400 choice 8x50 25 Fly or Back/25 free (20 sec rest) 8x25 Kick Alt Fast and Easy (20 sec rest) 200 Free Build Main Set 12x100 @ 30 BBM (40 sec rest) 400 recovery 8x100 @ 20 BBM (40 secs rest) 400 recovery 4x100 Max (40 sec rest) Cool Down 200 easy swim
Total distance: 1.2km **TIme: 35 minutes**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 4.8km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #9

Goal - Maintain solid pace during main set, good chance to do some form stroke

Level 1	Level 2	Level 3
Warm Up 5x50 1. Free 2. Back/Free 3. IM 4. Kick 5. Drill Main Set 20m fast / 30m easy (30 secs rest) 30m fast / 20m easy (30 secs rest) 40m fast / 10m easy (30 secs rest) 50 recovery 1 mins rest --Repeat 2 more times-- Cool Down 150 easy with fins and paddles	Warm Up 5x100 1. Free 2. Back/Free 3. IM 4. Kick 5. Drill Main Set 20m fast / 30m easy (30 secs rest) 30m fast / 20m easy (30 secs rest) 40m fast / 10m easy (30 secs rest) 50 recovery 1 mins rest --Repeat 5 more times-- Cool Down 300 easy with fins and paddles	Warm Up 2x(5x100) 1. Free 2. Back/Free 3. IM 4. Kick 5. Drill Main Set 20m fast / 30m easy (30 secs rest) 30m fast / 20m easy (30 secs rest) 40m fast / 10m easy (30 secs rest) 50 recovery 1 mins rest --Repeat 7 more times-- Cool Down 600 easy with fins and paddles
Total distance: 1.0km **TIme: 30 minutes**	**Total distance: 2.0km** **Time: 60minutes**	**Total distance: 3.2km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #10

Goal - Get good technique during warm up, hold aerobic pace in main set

Level 1	Level 2	Level 3
Warm Up 2x(50 choice 50 drill) Main Set 100 Free (20 secs rest) 2x100 Free (15 secs rest) 3x100 Free (10 secs rest) 4x25 Fast Cool Down 100 Alternating Free / Back	Warm Up 3x(100 choice 50 drill) Main Set 200 Free (20 secs rest) 2x200 Free (15 secs rest) 3x200 Free (10 secs rest) 8x25 Fast Cool Down 150 Alternating Free / Back	Warm Up 6x(100 choice 50 drill) Main Set 200 Free (20 secs rest) 2x200 Free (15 secs rest) 3x200 Free (10 secs rest) ---Repeat 2 more time--- Cool Down 200 Alternating Free / Back
Total distance: 1km **TIme: 30 minutes**	**Total distance: 2km** **Time: 60 minutes**	**Total distance: 4.7km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #11

Goal - Good set including form stroke and some aerobic free and hypoxic work

Level 1	Level 2	Level 3
Warm Up 2x100 Free (30 sec rest) - Breathing 3/5/3/5 in 50's 2x50 15m fast 35m easy (20 sec rest) Main Set 2x (50 free (10 sec rest) 100 free (20 sec rest)) @ Aerobic pace 2x50 25 Form/ 25 Free (15 sec rest) 2x50 15m Underwater/35m Free (15 sec rest) Cool Down 100 easy swim	Warm Up 3x200 Free (30 sec rest) - Breathing 3/5/3/5 in 50's 4x50 15m fast 35m easy (20 sec rest) Main Set 2x (100 free (10 sec rest) 200 free (20 sec rest)) @ Aerobic pace 4x50 25 Fly/ 25 Free (15 sec rest) 4x50 15m Underwater/35m Free (15 sec rest) Cool Down 100 easy swim	Warm Up 6x250 Free (30 sec rest) - Breathing 3/5/3/5/3 in 50's 8x50 15m fast 35m easy (20 sec rest) Main Set 4x (100 free (10 sec rest) 200 free (20 sec rest)) @ Aerobic pace 10x50 25 Fly/ 25 Free (15 sec rest) 8x50 15m Underwater/35m Free (15 sec rest) Cool Down 200 easy swim
Total distance: 0.9km **TIme: 30 minutes**	**Total distance: 1.9km** **Time: 60 minutes**	**Total distance: 4.2km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #12

Goal - Technique session using drills and locking in good technique with stroke count

Level 1	Level 2	Level 3
Warm Up 200 Fins and paddles warm up Main Set 3x50's Freestyle drills 1x100 Stroke count 3x50 Freestyle drills 1x100 Stroke count 3x50 Freestyle Drills 1x100 Stroke count Cool Down 50 Pull	Warm Up 500 Fins and paddles warm up Main Set 6x50's Freestyle drills 3x100 Stroke count 3x50 Freestyle drills 3x100 Stroke count 2x50 Freestyle Drills 3x100 Stroke count 2x50 25 fast / 25 easy Cool Down 100 Pull	Warm Up 1000 Fins and paddles warm up Main Set 12x50's Freestyle drills 6x100 Stroke count 6x50 Freestyle drills 6x100 Stroke count 4x50 Freestyle Drills 6x100 Stroke count 6x50 25 fast / 25 easy Cool Down 200 Pull
Total distance: 1.0km **TIme: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.5km** **Time: 90 minutes**