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

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.

Effortless Swimming's 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 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

Effortless Swimming's 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's Workouts

Workout #1

Goal - Work hard in the main set of 100's. Maintain times, don't drop off.

Level 1	Level 2	Level 3
Warm Up 100 Swim 4x50 Form stroke 100 Breathing every 3rd stroke Main Set 4x50 drill 5x100 Fast (HR 20 below max) - 40 secs rest between 100's Cool Down 100 easy	Warm Up 300 Swim 3x100 IM 200 Free Breathing 3/5 in 50's 2x100 IM 100 Br 3/4 in 50's 100 IM Fast Main Set 4x50 Drill 5x100 Fast (HR 20 below max) on 2.20 Cool Down 200 easy	Warm Up 500 Swim 3x200 IM 300 Free Breathing 3/5 in 50's 4x100 IM 200 Br 3/4/5/6 200 IM Fast Main Set 6x50 Drill 6x100 Fast (HR 20 below max) on 2 mins 300 easy 8x50 Free with fins of - 25 fast no breathing / 25 easy Cool Down 200 easy
Total distance: 1.2km **TIme: 30 mins**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 3.9km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #2

Goal - Hold a solid pace in the broken 600 or 400's, and then back up with the fast 50 immediately after.

Level 1	Level 2	Level 3
Warm Up 3x100 swim 4x25 Alternating kick/drill Main Set 100 Medium pace 8x50 Free (10 secs rest) 50 fast 50 recovery Cool Down 100 cool down	Warm Up 6x100 - 3 of swim - 2 of IM - 1 of Drill 6x50 Breathing 3/4/5/6/7/8 Main Set **2 sets of**: 100 Medium pace 400 Broken (see below) 50 fast 50 recovery Set 1 - 2x200 (15 secs rest) Set 2 - 4x100 (10 secs rest) Cool Down 2x100 cool down	Warm Up 12x100 - 6 of swim - 3 of IM - 3 of Drill 6x50 Odd - 25 Kick / 25 swim Even - Freestyle swim no kicking 6x50 Breathing 4/5/6/7/8/9 Main Set **3 sets of**: 200 Medium pace 600 Broken (see below) 50 fast 50 recovery Set 1 - 3x200 (10 secs rest) Set 2 - 4x150 (5 secs rest) Set 3 - 6x100 (5 secs rest) Cool Down 3x100 cool down
Total distance: 1.1km **TIme: 30 mins**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.8km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #3

Goal - Maintain good technique in the breath control, work hard in the build and 90% swims

Level 1	Level 2	Level 3
Warm Up 100 swim 2x50 drill 2x50 First 20m fast Main Set 4x25 Breathing only once or twice in the 50 4x25 Build 1-4 (30 secs rest) 4x25 Breathing once or twice in the 50 4x50 at 90% effort (15 secs rest) 4x25 Breathing once or twice in the 50 8x25 Odd - Fast Even - Recovery Cool Down 100 cool down	Warm Up 200 swim 100 reverse IM (Fr/Brst/Back/Fly) 3x100 Breathing 3/5 in 50's 4x50 Drill Main Set 8x25 Breathing only once or twice in the 50 4x50 Build 1-4 (30 secs rest) 8x25 Breathing once or twice in the 50 6x50 at 90% effort (15 secs rest) 8x25 Breathing once or twice in the 50 16x25 Odd - Fast Even - Recovery Cool Down 100 cool down	Warm Up 200 swim 200 reverse IM (Fr/Brst/Back/Fly) 100 drill 5x100 Breathing 3/5 in 50's 6x50 Drill Main Set 8x50 Breathing only once or twice in the 50 4x100 Build 1-4 (30 secs rest) 8x50 Breathing once or twice in the 50 10x50 at 90% effort (15 secs rest) 8x50 Breathing once or twice in the 50 16x25 Odd - Fast Even - Recovery Cool Down 200 cool down
Total distance: 1.2km **TIme: 30 mins**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 4.0km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #4

Goal - Big aerobic set, designed to improve fitness and shoulder strength for long distance

Level 1	Level 2	Level 3
Warm Up 3x100 Choice Main Set 9x100 Free of: - 3 with 20 secs rest - 3 with 15 secs rest - 3 with 10 secs rest Cool Down 100 cool down	Warm Up 5x100 Choice (30 secs rest) Main Set 20x100 Free of: - 5 with 25 secs rest - 5 with 20 secs rest - 5 with 15 secs rest - 5 with 10 secs rest Cool Down 200 swim down	Warm Up 10x100 Choice (30 secs rest) Main Set 30x100 Free of: - 10 with 25 secs rest - 10 with 20 secs rest - 10 with 15 secs rest Cool Down 200 swim down
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.7km** **Time: 60 minutes**	**Total distance: 4.2km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #5

Goal - Hold good technique and focus on stroke count during main set

Level 1	Level 2	Level 3
Warm Up 200 Swim (15 secs rest) 2x25 of Kick 2x25 scull 2x50 pull Main Set 10x50 Free - Odd are stroke count - Evens are at 90% effort 100 Build Cool Down 200 free/back	Warm Up 5x100 Swim (15 secs rest) 4x50 of 25 Kick / 25 Swim 8x50 25 scull/ 25 pull (all with pull buoy) Main Set 6x50 Free - Odd are stroke count - Evens are at 90% effort 3x100 IM 4x50 Form - Odd are stroke count - Evens are at 90% effort Cool Down 200 free/back	Warm Up 10x100 Swim (15 secs rest) 10x50 of Kick 8x100 50 scull/50 pull (all with pull buoy) Main Set 10x50 Free - Odd are stroke count - Evens are at 90% effort 6x100 IM 10x50 Form - Odd are stroke count - Evens are at 90% effort Cool Down 400 free/back
Total distance: 1.2km **TIme: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 4.3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #6

Goal - Maintain aerobic heart rate (60-80% of max hr) during main set

Level 1	Level 2	Level 3
Warm Up 6x50 ODD - Freestyle EVEN - Backstroke 4x25 12 Kicks / 3 strokes changeover drill 2x25 scull Main Set 8x50 Aerobic pace (10 secs rest) 4x25 max Cool Down 50 easy	Warm Up 12x75 ODD - Freestyle EVEN - 25 Fly/Back/Breast 4x50 12 Kicks / 3 strokes changeover drill 4x25 scull Main Set 8x100 Aerobic pace (10 secs rest) 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 20x100 Aerobic pace (10 secs rest) 8x25 max Cool Down 200 easy
Total distance: 1.0km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.9km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #7

Goal - Hold speed throughout the set as every second set is working hard.

Level 1	Level 2	Level 3
Warm Up 5x50 Swim 5x50 Build 1-5 to 90% 5x50 of 25 Kick / 25 Swim Main Set 5x50 @ PB +8 5x50 with Pull buoy and paddles 5x50 of 50 easy / 50 fast Cool Down 100 Swim down with fins	Warm Up 3x100 Swim 3x100 Build 1-3 to 90% 3x100 Kick/Swim Main Set 3x100 @ PB +12 3x100 with Pull buoy and paddles 3x100 of 50 easy / 50 fast 3x100 of drill 3x100 Build in each 100 Cool Down 2x100 Swim down with fins	Warm Up 5x100 Swim 5x100 Build 1-5 to 90% 5x100 Kick Main Set 5x100 @ PB +12 5x100 with Pull buoy and paddles 5x100 of 50 easy / 50 fast 5x100 of drill 5x100 Build in each 100 5x100 IM Cool Down 5x100 Swim down with fins
Total distance: 1.6km **TIme: 35 minutes**	**Total distance: 2.6km** **Time: 60 minutes**	**Total distance: 5km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #8

Goal - Not much rest during main set, get HR up and build the pace as you go.

Level 1	Level 2	Level 3
Warm Up 12x25 Odd - Free Even - Form stroke 10x25 Scull/Drill/Kick/Drill/Swim Main Set 100 @ 80% 75 @ 85% 50 @ 90% 25 @ 95% ----Repeat----- Cool Down 50 swim down	Warm Up 6x100 Odd - Free Even - IM 10x50 Scull/Drill/Kick/Drill/Swim Main Set 200 @ 80% 150 @ 85% 100 @ 90% 50 @ 95% ----Repeat----- 4x50 Stroke Count Cool Down 100 swim down	Warm Up 12x150 Odd - Free Even - 50 Fly/Back/Breast 10x50 Scull/Drill/Kick/Drill/Swim Main Set 200 @ 80% 150 @ 85% 100 @ 90% 50 @ 95% ----Repeat----- 10x50 Stroke Count 16x50 with fins Odd - 30m kick underwater / 20m swim Even - Recovery Cool Down 4x100 with fins and paddles
Total distance: 1.1km **TIme: 30 minutes**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 5km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #9

Goal - Get heart rate up at start of warm up, push hard in the 100's in the main set and do the medley/form work at aerobic pace

Level 1	Level 2	Level 3
Warm Up 5x50 2 Easy the 3 of Build 1-3 5x25 Kick Drill Scull Drill Swim Main Set (freestyle) 8x50 Holding PB +10 (20 sec rest) 50 easy 5x50 Form stroke Cool Down 6x50 Fins Paddles and Snorkel	Warm Up 5x200 2 Easy the 3 of Build 1-3 10x25 Kick Drill Scull Drill Swim Main Set (freestyle) 4x100 Holding PB +18 (20 sec rest) 100 easy 5x100 IM Cool Down 2x100 Fins Paddles and Snorkel	Warm Up 5x400 2 Easy the 3 of Build 1-3 10x50 Kick Drill Scull Drill Swim Main Set (freestyle) 8x100 Holding PB +18 (20 sec rest) 100 easy 5x200 IM Cool Down 6x100 Fins Paddles and Snorkel on 2.00
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.45km** **Time: 60minutes**	**Total distance: 5km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #10

Goal - Building aerobic endurance in main set, increasing speed as we go. Finish off strong with the final max effort 100!

Level 1	Level 2	Level 3
Warm Up 4x50 (15 secs rest) 2x50 Drill Main Set 3x100 @ 80% (30 secs rest) 4x50 @ 85% (20 secs rest) 8x25 @ 90% (10 secs rest) 100 easy 100 max effort fast! Cool Down 100 of Back/Free	Warm Up 5x100 (15 secs rest) 4x50 Drill Main Set 3x200 @ 80% (30 secs rest) 4x100 @ 85% (20 secs rest) 8x50 @ 90% (10 secs rest) 100 easy 100 max effort fast! Cool Down 2x100 of Back/Free	Warm Up 10x100 (15 secs rest) 10x50 Drill Main Set 3x400 @ 80% (30 secs rest) 4x200 @ 85% (20 secs rest) 8x100 @ 90% (10 secs rest) 100 easy 100 max effort fast! Cool Down 8x100 of Back/Free
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 4.9km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #11

Goal - Pure speed set. Lots of recovery. Smash out the dive max efforts. Get times if you can

Level 1	Level 2	Level 3
Warm Up 100 swim 4x50 drill 4x50 of 25 Kick / 25 drill Main Set 100 Dive max 4x25 recovery 75 Dive max 4x25 recovery 50 dive max 4x25 recovery 4x25 Dive max Cool Down 100 easy swim	Warm Up 200 swim 2x150 of 100 swim / 50 drill 3x100 of 50 Kick / 50 drill Main Set 100 Dive max 4x75 recovery 75 Dive max 4x75 recovery 50 dive max 4x75 recovery 8x25 Dive max Cool Down 100 easy swim	Warm Up 600 swim 4x150 of 100 swim / 50 drill 6x100 of 50 Kick / 50 drill Main Set 100 Dive max 4x75 recovery 75 Dive max 4x75 recovery 50 dive max 4x75 recovery 8x25 Dive max Cool Down 200 easy swim
Total distance: 1.2km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 3.3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #12

Goal - Easier session, can be used as recovery session.

Level 1	Level 2	Level 3
Warm Up 2x100 (50 Kick/50 drill) 100 IM Build 1-3 Main Set 200 free medium pace 100 max pull 200 free medium pace 100 max pull 200 free medium pace 100 max pull Cool Down 100 Stroke count	Warm Up 5x100 (50 Kick/50 drill) 3x100 IM Build 1-3 Main Set 200 free medium pace 100 max pull 150 free medium pace 100 max pull 100 free medium pace 100 max pull 50 free medium pace 100 max pull Cool Down 6x50 Stroke count	Warm Up 10x100 (50 Kick/50 drill) 6x100 IM Build 1-3 Main Set 500 free medium pace 100 max pull 400 free medium pace 100 max pull 300 free medium pace 100 max pull 200 free medium pace 100 max pull Cool Down 10x50 Stroke count
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.0km** **Time: 60 minutes**	**Total distance: 3.8km** **Time: 90 minutes**