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

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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

Goal - Take your times for the pace swims in the main set. Get faster each set while holding good technique.

Level 1	Level 2	Level 3
Warm Up 100 swim 4x50 Drills (your choice) Main Set 200 @ 80% effort (30 secs rest) 100 Easy (45 secs rest) 100 @ 85% effort (30 secs rest) 100 Easy (45 secs rest) 2x50 @ 90% effort (45 secs rest) 100 Easy (1 min rest) Cool Down 100 swim down	Warm Up 200 swim 6x50 Drills (your choice) Main Set **2 sets of the set below**. 1st set the 'Pace' swims are at 80% effort, 2nd set at 90% 200 Pace (30 secs rest) 100 Easy (45 secs rest) 100 Pace (30 secs rest) 100 Easy (45 secs rest) 2x50 Pace (45 secs rest) 100 Easy (1 min rest) Cool Down 2x100 Paddles and fins	Warm Up 600 swim 8x50 Drills (your choice) Main Set **3 sets of the set below**. 1st set the 'Pace' swims are at 80% effort, 2nd set at 85%, 3rd set at 90%. 200 Pace (30 secs rest) 100 Easy (45 secs rest) 100 Pace (30 secs rest) 100 Easy (45 secs rest) 2x50 Pace (45 secs rest) 100 Easy (1 min rest) Cool Down 6x100 Paddles and fins
Total distance: 1.0km **TIme: 30 mins**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.7km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #2

Goal - Work good technique and skills in the session. See how few strokes and breaths you can do in the set after warm up

Level 1	Level 2	Level 3
Warm Up 4x50 Free (15 secs rest) 4x50 Odd - 25 Kick / 25 Drill Even - 25 scull / 25 Build Swim Main Set 4x50 Odd - Stroke Count Even - Minimum breaths for the lap 5x100 Negative split (second lap faster than first)	Warm Up 5 x 100 Free (20 secs rest) 4 x 100 Odd - 50 Kick / 50 Drill Even - 50 Scull / 50 Build Swim Main Set 4x50 25 Form stroke / 25 Free 4x50 Odd - Stroke Count Even - Minimum breaths for the lap 2x5x100 (20 secs rest between 100's) Set 1- Negative Split (second lap faster than first) Set 2 - Paddles and Pull Buoy (1 min rest between sets)	Warm Up 10 x 100 Free (15 secs rest) 10x100 Odd - 50 Kick / 50 Drill Even - 50 scull / 50 Build Swim Main Set 12x50 IM order (Fly, Back, Breast, Free) 8x50 Odd - Stroke Count Even - Minimum breaths for the lap 3x5x100 (20 secs rest between 100's) Set 1- Negative Split (second lap faster than first) Set 2 - Paddles and Pull Buoy Set 3 - Paddles and Fins (1 min rest between sets)
Total distance: 1.1km **TIme: 30 mins**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.5km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #3

Goal - Good aerobic set at end of session. Control heart rate during set, work hard in the efforts and hold steady pace in medium 50's

Level 1	Level 2	Level 3
Warm Up 4x100 1. Free 2. 50 free/50 back 3. 50 Kick/50 Drill 4. Build Main Set 3x50 *1. 15m fast/ 35m easy* *2. 25m fast / 25, easy* *3. 35m fast / 15m easy* 50 Recovery 12x50 on 1.20 1. 80% effort 2. Medium pace 3. 90% effort 4. Medium pace Cool Down 100 cool down	Warm Up 4x150 1. Free 2. 100 free/50 back 3. 50 Kick/Drill/Swim 4. Build Main Set **2 sets of:** 3x50 *1. 15m fast/ 35m easy* *2. 25m fast / 25, easy* *3. 35m fast / 15m easy* 100 Free Breathing every 3/5 in 50's ---------- 20x50 on 1.10 1. 80% effort 2. Medium pace 3. 90% effort 4. Medium pace Cool Down 200 cool down	Warm Up 2x4x150 1. Free 2. 100 free/50 back 3. 50 Kick/Drill/Swim 4. Build Main Set **3 sets of:** 3x50 *1. 15m fast/ 35m easy* *2. 25m fast / 25, easy* *3. 35m fast / 15m easy* 150 Free Breathing every 3/5/7 in 50's ---------- 40x50 on 1 minute 1. 80% effort 2. Medium pace 3. 90% effort 4. Medium pace Cool Down 200 cool down
Total distance: 1.3km **TIme: 30 mins**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #4

Goal - Big anaerobic set with short rest during last few sets, great set for working on long distance races between 400-3km

Level 1	Level 2	Level 3
Warm Up 100 swim 50 kick 50 drill Main Set 2x5x100 Free of: Set 1 - 20 secs rest Set 2 - 15 secs rest (2 mins rest between sets) Cool Down 4x50 Fins and paddles recovery	Warm Up 3x(100 swim/50 kick/50 drill) Main Set 3x5x100 Free of: Set 1 - 20 secs rest Set 2 - 15 secs rest Set 3 - 10 secs rest (2 mins rest between sets) Cool Down 6x50 Fins and paddles recovery	Warm Up 5x(100 swim/50 kick/50 drill) Main Set 6x5x100 Free of: Set 1&2 - 15 secs rest Set 3&4 - 10 secs rest Set 5&6 - 5 secs rest (2 mins rest between sets) Cool Down 12x50 Fins and paddles recovery
Total distance: 1.4km **TIme: 30 minutes**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 4.6km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #5

Goal - Work at a solid pace during the first main set, then get speed up during second main set

Level 1	Level 2	Level 3
Warm Up 12x50 of: 2 Swim 1 of 25 Scull/Swim 2 Build 1 Drill 3 Breathing 3/5 in 25's 3 Building 1-3 to 90% Main Set 12x50 on 1.20 of: -1x50 at 90% effort, 2x50 at 80% Cool Down 100 easy	Warm Up 10x100 of: 2 Swim 2 of 25 Scull/Swim/Kick/Swim 1 IM 1 Build 1 50 Drill/Swim 1 Breathing 3/5 in 50's 2 Building 1-2 to 90% Main Set 12x50 on 1.00 of: -1x50 at 90% effort, 2x50 at 80% 4x50 25 fast/25 easy 4x50 10 easy/20 fast/ 10 easy 4x50 25 easy/25 fast Cool Down 200 easy	Warm Up 20x100 of: 4 Swim 3 of 25 Scull/Swim/Kick/Swim 2 IM 2 Build 2 50 Drill/Swim 3 Breathing 3/5 in 50's 4 Building 1-4 to 90% Main Set 20x50 on 1.00 of: -1x50 at 90% effort, 2x50 at 80% 4x50 25 fast/25 easy 4x50 10 easy/20 fast/ 10 easy 4x50 25 easy/25 fast Cool Down 200 easy
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 4.0km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #6

Goal - Work the form stroke set in the warm up pretty hard and control breathing after the speed in main set

Level 1	Level 2	Level 3
Warm Up 200 Warm up choice 2x100 IM 4x50 Kick/Swim Main Set 5x100 of: 1 - 25 fast/ 75 Breathing every 3 2 - 50 fast/50 breathing every 3 3 - 75 fast/25 breathing every 3 4 - 100 fast 5 - Recovery Cool Down 100 Breathing 3/5/3/5 in 25's	Warm Up 400 Warm up choice 4x150 25 Fly/Free/Back/Free/Breast/Free 6x50 of 25 Kick/25 swim Main Set 5x100 of: 1 - 25 fast/ 75 Breathing every 5 2 - 50 fast/50 breathing every 5 3 - 75 fast/25 breathing every 5 4 - 100 fast 5 - Recovery Cool Down 250 Breathing 3/5/7/5/3 in 50's 50 of 25 fast/25 easy	Warm Up 800 Warm up choice 4x300 50 Fly/Free/Back/Free/Breast/Free 12x50 Kick Main Set 10x100 of: 1&6 - 25 fast/ 75 Breathing every 5 2&7 - 50 fast/50 breathing every 5 3&8 - 75 fast/25 breathing every 5 4&9 - 100 fast 5&10 - Recovery Cool Down **2 sets of:** 250 Breathing 3/5/7/5/3 in 50's 50 of 25 fast/25 easy
Total distance: 1.2km **TIme: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 4.2km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #7

Goal - Get within 6 seconds of your best 100 time in the fast 100's in main set

Level 1	Level 2	Level 3
Warm Up 4x75 of - 2 Swim - 25 Kick/Drill/Swim - 25 Fly/Back/Breast - Build 3x50 of 1. Drill 2. Freestyle no kicking 3. Minimum breaths 100 Build Main Set 2x6x50 on 1.15 of: 5 Medium pace 1 Fast Cool Down 50 Swim down	Warm Up 4x150 of - Swim - 50 Kick/Drill/Swim - 50 Fly/Back/Breast - Build 3x50 of 1. Drill 2. Freestyle no kicking 3. Minimum breaths 100 Build Main Set 2x6x100 on 2.00 of: 5 Medium pace 1 Fast Cool Down 200 Swim down	Warm Up 8x150 of - 2 Swim - 2 of 50 Kick/Drill/Swim - 2 of 50 Fly/Back/Breast - 2 Build **3 sets of:** - 3x50 of 1. Drill 2. Freestyle no kicking 3. Minimum breaths - 100 Build Main Set 4x6x100 on 1.45 of: 5 Medium pace 1 Fast Cool Down 200 Swim down
Total distance: 1.2km **TIme: 35 minutes**	**Total distance: 2.25km** **Time: 60 minutes**	**Total distance: 4.6km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #8

Goal - Record times on the 90%, 95% and 100% and get as close to your 100 PB on the final

Level 1	Level 2	Level 3
Warm Up 200 swim 2x50 of 25 Kick/Swim 3x50 Drill 3x50 Build 1-3 Main Set 100 Main stroke @ 90% effort 4x50 of form stroke 100 Main stroke @ 95% effort 4x50 Alternating Drill & Swim 100 Main stroke @ 100% Cool Down 2x100 Paddles and fins	Warm Up 400 swim 4x50 of 25 Kick/Swim 4x50 Drill 4x50 Build 1-4 Main Set 100 Main stroke @ 90% effort 6x50 of 2x Fly 2x back 2x Breast 100 Main stroke @ 95% effort 6x50 Alternating Drill & Swim 100 Main stroke @ 100% Cool Down 4x100 Paddles and fins	Warm Up **2 sets of:** 400 swim 4x50 of 25 Kick/Swim 4x50 Drill 4x50 Build 1-4 Main Set 100 Main stroke @ 90% effort 12x50 of 4x Fly 4x back 4x Breast 100 Main stroke @ 95% effort 12x50 Alternating Drill & Swim 100 Main stroke @ 100% Cool Down 6x100 Paddles and fins
Total distance: 1.5km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.1km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #9

Goal - Lactic tolerance set where you work very hard in the 50's without any recovery in between

Level 1	Level 2	Level 3
Warm Up 200 swim 100 form 50 kick/50 swim 50 of Build 50 recovery Main Set (freestyle) 6x50 Max effort with dive on 5.00 Cool Down 100 swim with fins	Warm Up 400 swim 300 of 100 IM/100 free 200 of 50 kick/50 swim 100 of Build 100 recovery Main Set (freestyle) 8x50 Max effort with dive on 5.00 Cool Down 200 swim with fins	Warm Up 800 swim 600 of 100 IM/100 free 400 of 50 kick/50 swim 200 of Build 100 recovery Main Set (freestyle) 10x50 Max effort with dive on 5.00 Cool Down 400 swim with fins
Total distance: 0.9km **TIme: 40 minutes**	**Total distance: 1.7m** **Time: 60minutes**	**Total distance: 3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #10

Goal - Working on back end speed for 100's and 200's with the 50's in the main set. Hold times for set.

Level 1	Level 2	Level 3
150 swim 50 drill <u>Main Set</u> 4x50 @ 90% effort (1 min rest) 50 easy 3x50 @ 90% effort (45 secs rest) 100 easy 2x50 @ 90% effort (30 secs rest) 150 easy <u>Cool Down</u> 100 of Back/Free	<u>Warm Up</u> **2 sets of:** 200 swim 100 drill <u>Main Set</u> 6x50 @ 90% effort (1 min rest) 100 easy 4x50 @ 90% effort (45 secs rest) 200 easy 2x50 @ 90% effort (30 secs rest) 300 easy <u>Cool Down</u> 2x100 of Back/Free	<u>Warm Up</u> **5 sets of:** 200 swim 100 drill <u>Main Set</u> 8x50 @ 90% effort (1 min rest) 200 easy 6x50 @ 90% effort (45 secs rest) 300 easy 4x50 @ 90% effort (30 secs rest) 400 easy <u>Cool Down</u> 8x100 of Back/Free
Total distance: 1.0km **TIme: 30 minutes**	**Total distance: 2.0km** **Time: 60 minutes**	**Total distance: 4.1km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #11

Goal - Medley set working the other strokes and muscle groups for all round swim fitness.

Level 1	Level 2	Level 3
Warm Up 5x50 free medium pace (30 secs rest) 4x50 Alternating drill and kick 4x25 form stroke Main Set 4x25 form stroke fast (30 secs rest) 100 easy 4x25 form stroke fast (30 secs rest) 100 easy 4x25 free fast (30 secs rest) Cool Down 150 easy swim	Warm Up 5x100 free medium pace (30 secs rest) 6x50 Alternating drill and kick 4x50 IM switch Main Set 5x100 IM (30 secs rest) 100 easy 5x50 Free (30 secs rest) 100 easy 4x50 IM order fast (30 secs rest) Cool Down 100 easy swim	Warm Up 5x200 free medium pace (30 secs rest) 10x50 Alternating drill and kick 8x50 IM switch Main Set 5x200 IM (30 secs rest) 200 easy 5x100 IM (30 secs rest) 200 easy 4x50 IM order fast (30 secs rest) Cool Down 200 easy swim
Total distance: 1.2km **TIme: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.3km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #12

Goal - Short, sharp sprint set. Sit high in the water on the sprints and experiment with your technique to see what feels best

Level 1	Level 2	Level 3
Warm Up 4x25 (25 Kick/25 drill) 100 free Main Set 3x50 of 25 fast/ 25 easy 100 of drill/swim 3x50 of 25 easy/25 fast 100 of drill swim 3x50 of Build 100 easy 6x25 dive max Cool Down 4x50 Stroke count	Warm Up 5x100 (50 Kick/50 drill) 3x100 IM Build 1-3 Main Set 6x50 of 25 fast/ 25 easy 3x100 of drill/swim 6x50 of 25 easy/25 fast 3x100 of drill swim 6x50 of Build 200 easy 4x25 dive max Cool Down 4x50 Stroke count	Warm Up 10x100 (50 Kick/50 drill) 6x100 IM Build 1-3 Main Set 8x50 of 25 fast/ 25 easy 3x100 of drill/swim 8x50 of 25 easy/25 fast 3x100 of drill swim 8x50 of Build 200 easy 6x25 dive max Cool Down 8x50 Stroke count
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.7km** **Time: 60 minutes**	**Total distance: 4.1km** **Time: 90 minutes**