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 - Take your times in the main set and try and improve your last 200 in each set. Build to a fast pace, working hard towards the end.

Level 1	Level 2	Level 3
Warm Up 100 free 100 IM 4x25 Kick 4x25 Breathing every 5 Main Set 3x100 Build 1-3 100 Recovery 2x100 Build 1-2 100 Recovery 100 Hard Cool Down 100 swim down	Warm Up 200 free 100 IM 4x50 of 25 kick/25 swim 4x50 Odd - Freestyle breathing every 5 Even - Catch up drill Main Set 3x200 Build 1-3 100 Recovery 2x200 Build 1-2 100 Recovery 200 Hard Cool Down 2x100 Paddles and fins	Warm Up 4 sets of: 200 free 100 IM 4x50 of 25 kick/25 swim 10x50 Odd - Freestyle breathing every 5 Even - Catch up drill Main Set 5x200 Build 1-5 200 Recovery 3x200 Build 1-3 200 Recovery 200 Hard Cool Down 3x100 Paddles and fins
Total distance: 1.4km **TIme: 30 mins**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 5km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #2

Goal - Hold the same time for the 85% efforts in the main set, where you are swimming at a similar pace to what you would in a triathlon

Level 1	Level 2	Level 3
Warm Up 100 free 100 of 50 back/ 50 breast Main Set 8x50 Odd - Medium Pace Even - 85% effort 100 recovery 50@200 pace 50 recovery 3x100 Build 1-3 100 Recovery Cool Down 100 swim down	Warm Up 3 sets of: 100 free 100 of 50 back/ 50 breast Main Set 8x100 Odd - Medium Pace Even - 85% effort 100 recovery 1 set of: 50@200 pace 50 recovery 3x100 Build 1-3 100 Recovery Cool Down 4x50 Alternating Stroke Count and minimum breaths	Warm Up 6 sets of: 100 free 100 of 50 back/ 50 breast Main Set 16x100 Odd - Medium Pace Even - 85% effort 300 recovery 2 sets of: 50@200 pace 50 recovery 3x100 Build 1-3 100 Recovery Cool Down 8x50 Alternating Stroke Count and minimum breaths
Total distance: 1.3km **TIme: 30 mins**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.5km** **Time: 90 minutes**

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Workout #3

Goal - Good technique during breath control. Keep effort up on the main set of 50's

Level 1	Level 2	Level 3
Warm Up 50 swim 2x25 kick 50 swim 2x25 scull 50 swim 2x25 drill 50 swim 2x25 Build 1-4 2x50 Breathing every 5 or 7 strokes on 1min Main Set 2 sets of: 25 fast 50 drill 6x50 on 1.30 Odd - 85% effort Even - Recovery Cool Down 50 cool down	Warm Up 100 swim 4x25 kick 100 swim 4x25 scull 100 swim 4x25 drill 100 swim 4x25 Build 1-4 6x50 Breathing every 5 or 7 strokes on 1min Main Set 4 sets of: 25 fast 50 drill 10x50 on 1.10 Odd - 85% effort Even - Recovery Cool Down 100 cool down	Warm Up 200 swim 4x50 kick 200 swim 4x50 scull 200 swim 4x50 drill 200 swim 4x50 Build 1-4 12x50 Breathing every 5 or 7 strokes on 1min Main Set 8 sets of: 25 fast 50 drill 20x50 on 1.00 Odd - 85% effort Even - Recovery Cool Down 200 cool down
Total distance: 1.1km **TIme: 30 mins**	**Total distance: 2.0km** **Time: 60 minutes**	**Total distance: 4km** **Time: 90 minutes**

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Workout #4

Goal - Good technique in last set of warm up. Get speed going in the 50's main set. Push hard in it.

Level 1	Level 2	Level 3
Warm Up 6x50 1. Free 2. Back 3.Free 4. Breast 5. Free 6. Drill 3x100 Medium pace. Swim with long strokes Main Set 6x50 Odd - Medium pace Even - 80% / 90% / 100% *(So 6 is at 100% effort)* 16x25 fast of 4 of each stroke on 0.40 Cool Down 4x50 Fins and paddles recovery	Warm Up 6x100 1. Free 2. IM 3.Free 4. Back 5. Free (Build) 6. Drill 3x200 Medium pace. Swim with long strokes Main Set 6x50 Odd - Medium pace Even - 80% / 90% / 100% *(So 6 is at 100% effort)* 16x25 fast of 4 of each stroke on 0.40 Cool Down 6x50 Fins and paddles recovery	Warm Up 6x200 1. Free 2. IM 3.Free 4. Back 5. Free (Build) 6. Drill 3x400 Medium pace. Swim with long strokes Main Set 12x50 Odd - Medium pace Even - 80% / 90% / 100% *(So 6 & 12 are at 100% effort)* 16x25 fast of 4 of each stroke on 0.40 Cool Down 12x50 Fins and paddles recovery
Total distance: 1.6km **TIme: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.0km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #5

Goal - Get heart rate high in hard efforts in main set and keep stroke and HR controlled for the medium pace 50's

Level 1	Level 2	Level 3
Warm Up 100 swim 4x50 Odd - scull/swim (25's) Even - Kick on back 100 IM (20 secs rest) 2x50 Stroke count 2x50 Breathing every 5 or 7 Main Set 100 medium pace 4x50 3 medium pace/1 hard (15 secs rest) 4x50 3 medium pace/1 hard (10 secs rest) 4x50 3 medium pace/1 hard (5 secs rest) *(30 secs rest)* Cool Down 100 easy	Warm Up 200 swim 6x50 Odd - scull/swim (25's) Even - Kick on back 4x100 IM (20 secs rest) 4x50 Stroke count 2x50 Breathing every 5 or 7 Main Set 400 medium pace 4x50 3 medium pace/1 hard (15 secs rest) 4x50 3 medium pace/1 hard (10 secs rest) 4x50 3 medium pace/1 hard (5 secs rest) *(30 secs rest)* Cool Down 100 easy	Warm Up 400 swim 12x50 Odd - scull/swim (25's) Even - Kick on back 8x100 IM (20 secs rest) 6x50 Stroke count 6x50 Breathing every 5 or 7 Main Set **2 sets of:** 400 medium pace 4x50 3 medium pace/1 hard (15 secs rest) 4x50 3 medium pace/1 hard (10 secs rest) 4x50 3 medium pace/1 hard (5 secs rest) *(30 secs rest)* Cool Down 200 easy
Total distance: 1.4km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.6km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #6

Goal - Recovery session. A bit shorter and some easy swimming.

Level 1	Level 2	Level 3
Warm Up 100 swim 50 drill 100 pull 50 kick Main Set 2x(4x25) of IM order (Fly/Bk/Brst/Free) Set 1 - 1.00 Set 2 - 0.50 3x(4x50) Free Set 1 - Swim Set 2 - Pull Buoy Set 3 - Pull Buoy and paddles Cool Down 200 of 50 kick / 50 swim (with fins)	Warm Up 200 swim 100 drill 200 pull 100 kick Main Set 3x(4x25) of IM order (Fly/Bk/Brst/Free) Set 1 - 45 Set 2 - 40 Set 3 - 35 3x(3x100) Free Set 1 - Swim Set 2 - Pull Buoy Set 3 - Pull Buoy and paddles Cool Down 200 of 50 kick / 50 swim (with fins) 100 swim down	Warm Up **2 sets of:** 200 swim 100 drill 200 pull 100 kick Main Set 3x(4x50) of IM order (Fly/Bk/Brst/Free) Set 1 - 1.15 Set 2 - 1.10 Set 3 - 1.00 3x(4x100) Free Set 1 - Swim Set 2 - Pull Buoy Set 3 - Pull Buoy and paddles Cool Down 600 of 50 kick / 50 swim (with fins) 300 swim down
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.9km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #7

Goal - Technique session, working on distance per stroke. Use drills to activate correct technique.

Level 1	Level 2	Level 3
Warm Up 100 swim 4x25 scull 4x25 Kick with fins 4x25 Fingertip drag drill 4x25 Catch up drill 4x25 12 kicks / 3 stroke changeover drill 4x25 Freestyle swim Main Set 4x50 Hold Stroke Count 50 Back 4x50 Hold Stroke Count Cool Down 50 Swim down	Warm Up 200 swim 4x50 scull 4x50 Kick with fins 4x50 Fingertip drag drill 4x50 Catch up drill 4x50 12 kicks / 3 stroke changeover drill 4x50 Freestyle swim Main Set 4x50 Hold Stroke Count 100 Back 4x50 Hold Stroke Count 100 Back 4x50 Hold Stroke Count Cool Down 100 Swim down	Warm Up 500 swim 4x50 scull 12x50 Kick with fins 4x50 Fingertip drag drill 4x50 Catch up drill 4x50 12 kicks / 3 stroke changeover drill 4x50 Freestyle swim Main Set 10x50 Hold Stroke Count 200 Back 8x50 Hold Stroke Count 100 Back 6x50 Hold Stroke Count Cool Down 200 Swim down
Total distance: 1.2km **TIme: 35 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 3.8km** **Time: 80 minutes**

Effortless Swimming's Workouts

Workout #8

Goal - Short, sharp sprints in main set working on initial speed in a race

Level 1	Level 2	Level 3
Warm Up 4x50 Choice 50 scull 2x50 Kick 3x50 Drill 100 IM Main Set **4x(4x50) of:** 15 fast / 35 easy 25 fast / 25 easy 35 fast / 15 easy Recovery 6x50 Odd - Stroke count Even - Breathing every 7 Cool Down 100 swim down	Warm Up 2x200 Choice **2 sets of:** 50 scull 2x50 Kick 3x50 Drill 100 IM Main Set **4x(4x50) of:** 15 fast / 35 easy 25 fast / 25 easy 35 fast / 15 easy Recovery 8x50 Odd - Stroke count Even - Breathing every 7 Cool Down 100 swim down	Warm Up 4x200 Choice **4 sets of:** 50 scull 2x50 Kick 3x50 Drill 100 IM Main Set **4x(4x50) of:** 15 fast / 35 easy 25 fast / 25 easy 35 fast / 15 easy Recovery 16x50 Odd - Stroke count Even - Breathing every 7 Cool Down 3x200 of 50 drill/ 150 swim
Total distance: 1.7km **TIme: 30 minutes**	**Total distance: 2.5km** **Time: 60 minutes**	**Total distance: 3.3km** **Time: 80 minutes**

Effortless Swimming's Workouts

Workout #9

Goal - Small aerobic set followed by a challenging fly set. Wear fins if needed. It's a good shoulder workout.

Level 1	Level 2	Level 3
Warm Up 300 swim 200 of 50 scull/swim/kick/swim 100 IM Main Set (freestyle) 4x100 Aerobic (10 secs rest) 4x50 Odd - 12kicks/3 stroke changeover Even - Minimum strokes 4x25 Odd - Fly Even - Recovery 2x50 Recovery Cool Down 100 swim	Warm Up 300 swim 200 of 50 scull/swim/kick/swim 100 IM Main Set (freestyle) 8x100 Aerobic (10 secs rest) 4x50 Odd - 12kicks/3 stroke changeover Even - Minimum strokes 4x50 Odd - Fly (Fins) Even - Recovery 4x50 Recovery Cool Down 300 Paddles and fins	Warm Up **2 sets of:** 300 swim 200 of 50 scull/swim/kick/swim 100 IM Main Set (freestyle) 12x100 Aerobic (10 secs rest) 8x50 Odd - 12kicks/3 stroke changeover Even - Minimum strokes 12x50 Odd - Fly Even - Recovery 8x50 Recovery Cool Down 600 Paddles and fins
Total distance: 1.4km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60minutes**	**Total distance: 4.4km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #10

Goal - Similar session to last month. Building aerobic endurance in main set and max out the final 100 in main set.

Level 1	Level 2	Level 3
50 scull 50 kick 200 swim <u>Main Set</u> 3x100 @ 80% (30 secs rest) 4x50 @ 85% (20 secs rest) 8x25 @ 90% (10 secs rest) 100 easy 100 max effort fast! <u>Cool Down</u> 100 of Back/Free	<u>Warm Up</u> **2 sets of:** 50 scull 100 kick 200 swim <u>Main Set</u> 3x200 @ 80% (30 secs rest) 4x100 @ 85% (20 secs rest) 8x50 @ 90% (10 secs rest) 100 easy 100 max effort fast! <u>Cool Down</u> 2x100 of Back/Free	<u>Warm Up</u> **4 sets of:** 50 scull 100 kick 200 swim <u>Main Set</u> 3x400 @ 80% (30 secs rest) 4x200 @ 85% (20 secs rest) 8x100 @ 90% (10 secs rest) 100 easy 100 max effort fast! <u>Cool Down</u> 400 swim down
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.6km** **Time: 60 minutes**	**Total distance: 4.7km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #11

Goal - Challenging main set working on back end speed for 100's and 200's.

Level 1	Level 2	Level 3
Warm Up 2x100 free medium pace (30 secs rest) 4x50 Alternating drill and kick Main Set **2 sets of:** 200 at 80% effort 35 fast / 15 easy 2x50 at 95% 50 recovery Cool Down 100 easy swim	Warm Up 5x100 free medium pace (30 secs rest) 4x50 Alternating drill and kick Main Set **3 sets of:** 200 at 80% effort 35 fast / 15 easy 2x50 at 95% 50 recovery Cool Down 200 easy swim	Warm Up 5x200 free medium pace (30 secs rest) 10x50 Alternating drill and kick Main Set **5 sets of:** 200 at 80% effort 35 fast / 15 easy 2x50 at 95% 50 recovery Cool Down 400 easy swim
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.9km** **Time: 90 minutes**

Effortless Swimming's Workouts

Workout #12

Goal - Recovery session

Level 1	Level 2	Level 3
Warm Up 200 of 150 free/50back Main Set 20x50 of: 4x Kick 4x Scull 12x Drill Cool Down 2x100 Paddles and pull buoy	Warm Up 800 of 150 free/50back Main Set 20x50 of: 4x Kick 4x Scull 12x Drill Cool Down 4x100 Paddles and pull buoy	Warm Up 1000 of 150 free/50back Main Set 20x50 of: 4x Kick 4x Scull 12x Drill Cool Down 10x100 Paddles and pull buoy
Total distance: 1.4km **TIme: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 5km** **Time: 90 minutes**