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 - Aerobic

Goal - Build up fatigue and lactic acid in first main set and then work hard in second main set. Good practice for racing when tired!

Level 1	Level 2	Level 3
Warm Up 3x150 of: - 1x 100 free/ 50 back - 1x 100 free / 50 kick - 1x 100 free / 50 drill 4x50 Odd - 20m fast / 30m easy Even - 50 stroke count Main Set 8x50 on 50 seconds of: - 1x Medium pace - 1x 80% effort - 1x Medium pace - 1x 90% effort 100 recovery of 25 scull / 75 swim 4x50 on 1 minute of: - 1x Form 1x easy 1x 90% effort 1x easy Cool Down 50 swim down	Warm Up 5x200 of: - 2x 150 free/ 50 back - 1x 150 free / 50 kick - 1x 150 free / 50 drill - 1x 200 IM 8x50 Odd - 20m fast / 30m easy Even - 50 stroke count Main Set 12x50 on 50 seconds of: - 1x Medium pace - 1x 80% effort - 1x Medium pace - 1x 90% effort 2x100 recovery of 25 scull / 75 swim 4x50 on 1 minute of: - 1x Fly 1x easy 1x 90% effort 1x easy Cool Down 100 swim down	Warm Up 10x200 of: - 4x 150 free/ 50 back - 2x 150 free / 50 kick - 2x 150 free / 50 drill - 2x 200 IM 16x50 Odd - 20m fast / 30m easy Even - 50 stroke count Main Set 20x50 on 50 seconds of: - 1x Medium pace - 1x 80% effort - 1x Medium pace - 1x 90% effort 3x100 recovery of 25 scull / 75 swim 12x50 on 1 minute of: - 1x Fly 1x easy 1x 90% effort 1x easy Cool Down 300 swim down
Total distance: 1.3km **TIme: 30 mins**	**Total distance: 2.5km** **Time: 60 minutes**	**Total distance: 5km** **Time: 90 minutes**

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Workout #2 - Quality

Goal - Great set for practicing 200's. Lot's of lactic acid build up with a little bit of recovery. It's a bit like a broken 200.

Level 1	Level 2	Level 3
Warm Up 100 swim 50 Kick 50 Drill 100 Stroke count Main Set **3 sets of:** 25 fast/25 easy 100 @ PB+12 50 @ 95% effort 100 recovery Cool Down 100 recovery swim down	Warm Up 300 swim 2x50 Kick 2x50 Drill 3x100 Stroke count Main Set **4 sets of:** 25 fast/25 easy 100 @ PB+12 50 @ 95% effort 100 recovery Cool Down 200 recovery swim down	Warm Up 500 swim 4x50 Kick 4x50 Drill 4x100 Stroke count Main Set **6 sets of:** 25 fast/25 easy 100 @ PB+12 50 @ 95% effort 100 recovery Cool Down 400 recovery swim down
Total distance: 1.3km **TIme: 30 mins**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 3.5km** **Time: 80 minutes**

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Workout #3 - Technique and strength

Goal - Working on shoulder/lat strength in main set.

Level 1	Level 2	Level 3
Warm Up 100 easy swimming 2x50 of 12 kicks/3 stroke changeover drill 2x25 scull 2x50 catch up freestyle (high elbow in pull) 2x50 fingertip drag freestyle (relaxed arm) 2x50 stroke count Main Set 3x100 swim 50 easy backstroke 3x100 pull (with pull buoy) 50 easy backstroke 3x100 pull (pull buoy and paddles) Cool Down 50 cool down	Warm Up 200 easy swimming 6x50 of 12 kicks/3 stroke changeover drill 4x25 scull 2x50 catch up freestyle (high elbow in pull) 2x50 fingertip drag freestyle (relaxed arm) 2x50 stroke count Main Set 4x100 swim 100 easy backstroke 4x100 pull (with pull buoy) 100 easy backstroke 4x100 pull (pull buoy and paddles) Cool Down 100 cool down	Warm Up 400 easy swimming 12x50 of 12 kicks/3 stroke changeover drill 8x25 scull 4x50 catch up freestyle (high elbow in pull) 4x50 fingertip drag freestyle (relaxed arm) 4x50 stroke count Main Set 8x100 swim 100 easy backstroke 8x100 pull (with pull buoy) 100 easy backstroke 8x100 pull (pull buoy and paddles) 100 easy backstroke Cool Down 200 cool down
Total distance: 1.6km **TIme: 30 mins**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 4.7km** **Time: 90 minutes**

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Workout #4 - Technique and speed

Goal - Holding low stroke count on first main set. Then get speed going for second main set. Easier session.

Level 1	Level 2	Level 3
Warm Up 100 swim 100 IM 50 of 25 scull / 25 kick 50 drill Main Set 4x25 stroke count 2x50 stroke count 100 stroke count 4x50 Build 1-4 to fast (Hold stroke count) **2 sets of:** 15m fast / 35m easy 25m fast / 25m easy 35m fast / 15m easy 50 Recovery Cool Down 100 easy	Warm Up 200 swim 150 0f 50 fly/back/breast 100 of 50 scull / 50 kick 50 drill Main Set 4x50 stroke count 2x100 stroke count 200 stroke count 4x50 Build 1-4 to fast (Hold stroke count) **2 sets of:** 15m fast / 35m easy 25m fast / 25m easy 35m fast / 15m easy 50 Recovery 4x50 Minimum breaths 4x50 with fins. 1 Hard / 1 easy Cool Down 100 easy	Warm Up **2 sets of:** 200 swim 150 0f 50 fly/back/breast 100 of 50 scull / 50 kick 50 drill Main Set 4x50 stroke count 2x100 stroke count 200 stroke count 6x50 Build 1-6 to fast (Hold stroke count) **4 sets of:** 15m fast / 35m easy 25m fast / 25m easy 35m fast / 15m easy 50 Recovery 6x50 Minimum breaths 6x50 with fins. 1 Hard / 1 easy Cool Down 200 easy
Total distance: 1.3km **TIme: 30 minutes**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 3.5km** **Time: 90 minutes**

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Workout #5 - Kick and pull including aerobic set

Goal - Working kick and pull after first main set, which is focused on sustaining aerobic heart rate for 20 mins+

Level 1	Level 2	Level 3
Warm Up 4x100 Odd - Swim Even - 50 kick / drill Main Set **3 sets of:** 100 Free (10 secs rest) 50 form (10 secs rest) 4x100 Kick with fins (Build 1-4) 300 Free with pull buoy and paddles - Long and strong - Good technique Cool Down 50 easy	Warm Up 5x100 Odd - Swim Even - 50 kick / drill Main Set **3 sets of:** 200 Free (10 secs rest) 100 IM (10 secs rest) 4x100 Kick with fins (Build 1-4) 500 Free with pull buoy and paddles - Long and strong - Good technique Cool Down 100 easy	Warm Up 10x100 Odd - Swim Even - 50 kick / drill Main Set **6 sets of:** 200 Free (10 secs rest) 100 IM (10 secs rest) 8x100 Kick with fins (Build 1-4) 1000 Free with pull buoy and paddles - Long and strong - Good technique Cool Down 100 easy
Total distance: 1.6km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.5km** **Time: 90 minutes**

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Workout #6 - Medley

Goal - Medley set building distance as we go.

Level 1	Level 2	Level 3
Warm Up 200 swim 2x50 Odd - 50 12 kicks / 3 stroke drill Even - 50 Fingertip drag 5x100 of: - 4x Freestyle (Build 1-4) - 1x 100 form stroke - Repeat above Main Set **With fins:** 16x25 (4 of each stroke) on 50 4x50 (1 of each stroke) on 1.30 (Do freestyle instead of fly if needed) Cool Down 100 fins and paddles	Warm Up 200 swim 2x100 Odd - 12 kicks / 3 stroke drill Even - Fingertip drag 5x150 of: - 4x Freestyle (Build 1-4) - 1x 50 fly/back/breast - Repeat above Main Set **With fins:** 16x25 (4 of each stroke) on 35 8x50 (2 of each stroke) on 1.10 4x100 (1 of each stroke) on 2.00 (Do freestyle instead of fly if needed) Cool Down 100 fins and paddles	Warm Up 500 swim 5x100 Odd - 12 kicks / 3 stroke drill Even - Fingertip drag 10x150 of: - 4x Freestyle (Build 1-4) - 1x 50 fly/back/breast - Repeat above Main Set 16x25 (4 of each stroke) on 35 8x50 (2 of each stroke) on 1.10 4x100 (1 of each stroke) on 2.00 Cool Down 400 fins and paddles
Total distance: 1.5km **TIme: 30 minutes**	**Total distance: 2.1km** **Time: 60 minutes**	**Total distance: 3.9km** **Time: 90 minutes**

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Workout #7 - Recovery session

Goal - Comfortable recovery session working on negative split (second half is faster than first half).

Level 1	Level 2	Level 3
Warm Up 6x50 Odd - Kick Even - Pull (with pull buoy) 4x25 Odd - Scull Even - Fast Main Set 3x100 Negative split (30 secs rest) 50 backstroke 4x50 negative split (20 secs rest) 50 backstroke Cool Down 100 Fins and paddles	Warm Up 6x100 Odd - Kick Even - Pull (with pull buoy) 6x25 Odd - Scull Even - Fast Main Set 3x200 Negative split (30 secs rest) 100 backstroke 4x100 negative split (20 secs rest) 100 backstroke Cool Down 250 Fins and paddles	Warm Up 12x100 Odd - Kick Even - Pull (with pull buoy) 12x25 Odd - Scull Even - Fast Main Set 3x400 Negative split (30 secs rest) 100 backstroke 4x200 negative split (20 secs rest) 100 backstroke Cool Down 600 Fins and paddles
Total distance: 1.1km **TIme: 30 minutes**	**Total distance: 2.2km** **Time: 60 minutes**	**Total distance: 4.2km** **Time: 90 minutes**

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Workout #8 - Speed

Goal - Challenging main set, getting used to swimming when you are fatigued. Lactic acid!!

Level 1	Level 2	Level 3
Warm Up 200 swim 4x100 of: - 1x 25 scull/75 swim - 1x 25 kick/75 swim - 1x 50 drill/50swim - 1x IM 6x15m Fast 4x50 build 1-4 to 95% on 1.15 100 easy Main Set 8x50 Dive Max on 4mins Cool Down 100 with fins	Warm Up 400 swim 8x100 of: - 2x 25 scull/75 swim - 2x 25 kick/75 swim - 2x 50 drill/50swim - 2x IM 6x15m Fast 4x50 build 1-4 to 95% on 1.15 300 easy Main Set 8x50 Dive Max on 4mins Cool Down 50/100/150/200 with fins	Warm Up 400 swim 8x100 of: - 2x 25 scull/75 swim - 2x 25 kick/75 swim - 2x 50 drill/50swim - 2x IM 6x15m Fast 4x50 build 1-4 to 95% on 1.15 300 easy Main Set 8x50 Dive Max on 4mins Cool Down 2x 50/100/150/200 with fins
Total distance: 1.5km **TIme: 60 minutes**	**Total distance: 2.7km** **Time: 75 minutes**	**Total distance: 3.2km** **Time: 90 minutes**

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Workout #9 - Aerobic and speed development

Goal - This is the ideal set for 200m+ swimmers. Working aerobic fitness with speed mixed in which helps with starts, breakaways and finishing.

Level 1	Level 2	Level 3
Warm Up 2x100 of 75 free/25 form 100 of 25 scull/50 kick/25 swim 2x50 Build to fast in each 50 on 1.00 Main Set (freestyle) **3 sets of:** 150 free *(5 secs rest)* 50 fast *(20 secs rest)* Cool Down 100 swim down	Warm Up 2x200 of 150 free/50 form 200 of 25 scull/50 kick/25 swim 4x50 Build to fast in each 50 on 1.00 Main Set (freestyle) **6 sets of:** 150 free *(5 secs rest)* 50 fast *(20 secs rest)* **(Take 2 mins rest after 3 sets)** Cool Down 200 swim down	Warm Up 4x200 of 150 free/50 form 400 of 25 scull/50 kick/25 swim 8x50 Build to fast in each 50 on 1.00 Main Set (freestyle) **10 sets of:** 150 free *(5 secs rest)* 50 fast *(20 secs rest)* **(Take 2 mins rest after 5 sets)** Cool Down 400 swim down
Total distance: 1.1km **TIme: 30 minutes**	**Total distance: 2.2km** **Time: 60minutes**	**Total distance: 4km** **Time: 90 minutes**

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Workout #10 - Technique/Recovery

Goal - Comfortable session focused on technique. Do this session when you're looking for a bit of recovery.

Level 1	Level 2	Level 3
Warm Up 100 swim Main Set 2x25 scull 1x100 stroke count (20 secs rest) 2x50 Kick 1x100 stroke count (20 secs rest) 2x50 Fingertip drag drill 1x100 stroke count (20 secs rest) 2x50 Shark Fin drill 1x100 stroke count (20 secs rest) 2x50 Catch Up Drill 1x100 stroke count (20 secs rest) Cool Down 100 swim down	Warm Up 300 swim Main Set 4x25 scull 2x100 stroke count (20 secs rest) 4x50 Kick 2x100 stroke count (20 secs rest) 4x50 Fingertip drag drill 2x100 stroke count (20 secs rest) 4x50 Shark Fin drill 2x100 stroke count (20 secs rest) 4x50 Catch Up Drill 2x100 stroke count (20 secs rest) Cool Down 100 swim down	Warm Up 600 swim Main Set 8x25 scull 4x100 stroke count (20 secs rest) 8x50 Kick 4x100 stroke count (20 secs rest) 8x50 Fingertip drag drill 4x100 stroke count (20 secs rest) 8x50 Shark Fin drill 4x100 stroke count (20 secs rest) 8x50 Catch Up Drill 4x100 stroke count (20 secs rest) Cool Down 200 swim down
Total distance: 1.15km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 4.6km** **Time: 90 minutes**

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Workout #11 - Aerobic Endurance

Goal - One of my favourite distance sets. Take your times on the fast swims in the main set. Work hard!

Level 1	Level 2	Level 3
Warm Up 1x200 free medium pace (30 secs rest) 2x50 Alternating drill and kick Main Set 6x100 Build 1-3 (30 secs rest) 100 easy 4x25 fast on 45 Cool Down 100 easy swim	Warm Up 2x200 free medium pace (30 secs rest) 6x50 Alternating drill and kick Main Set 6x150 Build 1-3 (30 secs rest) 100 easy 4x25 fast on 45 Cool Down 100 easy swim	Warm Up 5x200 free medium pace (30 secs rest) 10x50 Alternating drill and kick Main Set 6x300 Build 1-3 (30 secs rest) 200 easy 8x25 fast on 45 Cool Down 300 easy swim
Total distance: 1.2km **TIme: 30 minutes**	**Total distance: 1.9km** **Time: 60 minutes**	**Total distance: 4.0km** **Time: 90 minutes**

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Workout #12 - Speed and power

Goal - Warm up works shoulder strength, then mixing in some speed during main set.

Level 1	Level 2	Level 3
Warm Up 4x100 with fins and paddles of: - 2x easy swimming - 2x Build 1-2 to fast 100 easy Main Set 6x50 Odd - 25 fast/25 easy Even - Recovery 4x50 Stroke count Cool Down 4x100 Paddles and pull buoy	Warm Up 6x100 with fins and paddles of: - 3x easy swimming - 3x Build 1-3 to fast 200 easy Main Set 8x50 Odd - 25 fast/25 easy Even - Recovery 6x50 Stroke count **3 sets of:** 50 @ 90% effort 50 recovery 100 build Cool Down 2x100 Paddles and pull buoy	Warm Up 12x100 with fins and paddles of: - 6x easy swimming - 6x Build 1-6 to fast 300 easy Main Set 12x50 Odd - 25 fast/25 easy Even - Recovery 8x50 Stroke count **4 sets of:** 50 @ 90% effort 50 recovery 100 build Cool Down 4x100 Paddles and pull buoy
Total distance: 1.4km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 3.7km** **Time: 80 minutes**