

## Effortless Swimming's TriSwimWorkouts

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](http://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 butterfly/dolphin kicks instead of breaststroke kicks. It's best to do two butterfly 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.

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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 butterfly, 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 butterfly 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 TriSwimWorkouts

### 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 TriSwimWorkouts

Workout #1

*Goal - Keep you heart rate under control in the main set after the fast hundreds*

Level 1	Level 2	Level 3
<p><u>Warm up</u></p> <p>100 free</p> <p>100 free @ 70% (30 sec rest) 100 free @ 80% (20 sec rest) 50 free @ 90% (10 sec rest)</p> <p>50 easy</p> <p><u>Main Set</u></p> <p>5x100 Moderate pace (20 sec rest) - The 2nd and 5th 100 are fast</p> <p><u>Cool Down</u></p> <p>1x100 cool down</p>	<p><u>Warm Up</u></p> <p>2x200 free (30 sec rest)</p> <p>200 free @ 70% (30 sec rest) 100 free @ 80% (20 sec rest) 50 free @ 90% (10 sec rest)</p> <p>50 easy</p> <p><u>Main Set</u></p> <p>9x100 Moderate pace (15 sec rest) - Every 3rd 100 is fast</p> <p><u>Cool Down</u></p> <p>3x100 cool down</p>	<p><u>Warm Up</u></p> <p>3x200 free (20 sec rest)</p> <p>400 free @ 60% (40 sec rest) 300 free @ 70% (30 sec rest) 200 free @ 80% (20 sec rest) 100 @ 90% (10 sec rest)</p> <p>200 easy</p> <p><u>Main Set</u></p> <p>16x100 Moderate pace (10 sec rest) - Every 4th 100 is fast</p> <p><u>Cool Down</u></p> <p>3x100 cool down</p>
<p><b>Total distance: 1km</b> <b>Time: 30 mins</b></p>	<p><b>Total distance: 2km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.7km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

### Workout #2

*Goal - Gradually improve your times in the 'Build' sections of the main set*

Level 1	Level 2	Level 3
<p><u>Warm up</u></p> <p>200 (150 free/50 back) 4x50 freestyle (20 sec rest) - ODD 25 scull/25 swim - EVEN 25 kick/25 swim</p> <p><u>Main Set</u></p> <p>3x100 Build 1-3 to 90% - <i>Getting faster each 100 where the last 100 is at 90%</i> 50 easy 3x50 Build 1-3 to 90%</p> <p><u>Cool Down</u></p> <p>100 cool down</p>	<p><u>Warm Up</u></p> <p>200 (50 free/50 back) 2x100 Medley (30 sec rest) 4x50 freestyle (15 sec rest) - ODD 25 scull/25 swim - EVEN 25 kick/25 swim</p> <p><u>Main Set</u></p> <p>4x150 Build 1-4 to 90% (30 sec rest) - <i>Getting faster each 150 where the last 150 is at 90%</i> 100 easy 4x100 Build 1-4 to 90% (45 sec rest) 100 easy 100 Fast Max Effort</p> <p><u>Cool Down</u></p> <p>100 easy</p>	<p><u>Warm Up</u></p> <p>600 (150 free/50 back) 4x100 Medley (20 sec rest) 8x50 freestyle (10 sec rest) - ODD 25 scull/25 swim - EVEN 25 kick/25 swim</p> <p><u>Main Set</u></p> <p>4x150 Build 1-4 to 90% (30 sec rest) - <i>Getting faster each 150 where the last 150 is at 90%</i> 100 easy 4x100 Build 1-4 to 90% (45 sec rest) 100 easy 4x50 Build 1-4 to 100% (45 sec rest) 100 easy 100 Fast Max Effort</p> <p><u>Cool Down</u></p> <p>6x100 cool down</p>
<p><b>Total distance: 1km</b> <b>Time: 30 mins</b></p>	<p><b>Total distance: 2km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.6km</b> <b>Time: 80 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

### Workout #3

*Goal - Hold consistent times during the main set even when you reduce your rest*

Level 1	Level 2	Level 3
<p><u>Warm up</u></p> <p>200 free/back 8x25 free - ODD Drill - EVEN Swim</p> <p><u>Main Set</u></p> <p>8x50 free @ 80% - First 4 with 20 sec rest - Second 4 with 15 sec rest 4x25 Form Stroke fast (30 sec rest)</p> <p><u>Cool Down</u></p> <p>100 cool down</p>	<p><u>Warm Up</u></p> <p>200 free/back 200 free -25 drill/25 swim 3x100 Breath control - Breath every 3rd stroke the first 50, every 5th stroke the 2nd 50</p> <p><u>Main Set</u></p> <p>200 moderate free 6x100 free @ 80% - First 3 with 15 sec rest - Send 3 with 10 sec rest 100 easy 4x25 Form Stroke fast (20 sec rest)</p> <p><u>Cool Down</u></p> <p>100 easy</p>	<p><u>Warm Up</u></p> <p>400 free/back 3x200 free - 25 drill/25 swim 3x100 Breath control - Breath every 3rd stroke the first 50, every 5th stroke the 2nd 50</p> <p><u>Main Set</u></p> <p>300 moderate free 8x100 free @ 80% -First 4 with 10 sec rest -Second 4 with 5 sec rest 100 easy 4x25 Fly (20 sec rest)</p> <p>-REPEAT-</p> <p><u>Cool Down</u></p> <p>3x100 cool down</p>
<p><b>Total distance: 1km</b> <b>Time: 30 mins</b></p>	<p><b>Total distance: 2km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4.2km</b> <b>Time: 90 minutes</b></p>



## Effortless Swimming's TriSwimWorkouts

Workout #4

*Goal - Keep your heart rate at aerobic threshold pace of 40-50 BBM during the main set.*

Level 1	Level 2	Level 3
<p><u>Warm up</u></p> <p>100 free 100 form stroke 4x50 Build 1-4 to 90% (45 sec rest) 50 easy</p> <p><u>Main Set</u></p> <p>2x100 free @ 90% (1 min rest) 4x50 free @ 90% (30 sec rest) 50 easy 50 free Max Effort</p> <p><u>Cool Down</u></p> <p>150 cool down</p>	<p><u>Warm Up</u></p> <p>200 free 100 Medley 3x100 Build 1-3 to 90% (45 sec rest) 100 easy</p> <p><u>Main Set</u></p> <p>2x200 free @ 90% (1 min rest) 4x100 free @ 90% (30 sec rest) 100 easy 100 free Max Effort</p> <p><u>Cool Down</u></p> <p>200 easy</p>	<p><u>Warm Up</u></p> <p>300 Free 200 Medley 100 Backstroke 4x150 Build 1-4 to 90% (30 sec rest) 100 easy</p> <p><u>Main Set</u></p> <p>2x400 free @ 80% (1 min rest) 4x200 free @ 85% (20 sec rest) 200 easy 100 free Max Effort</p> <p><u>Cool Down</u></p> <p>4x100 cool down</p>
<p><b>Total distance: 1.2km</b> <b>Time: 35 minutes</b></p>	<p><b>Total distance: 2.1km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.6km</b> <b>Time: 80 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

Workout #5

*Goal - Maintain technique during the main set, even when you're tired.*

Level 1	Level 2	Level 3
<p><u>Warm up</u></p> <p>200 choice 4x50 (15 sec rest) - ODD 25 scull/25 kick - EVEN 25 drill/25 swim</p> <p><u>Main Set</u></p> <p>6x50 free (20 sec rest) 4x50 free (15 sec rest) 2x50 free (10 sec rest)</p> <p><u>Cool Down</u></p> <p>100 cool down</p>	<p><u>Warm Up</u></p> <p>200 choice 6x50 (15 sec rest) - ODD 25 scull/25 kick - EVEN 25 drill/25 swim 100 free</p> <p><u>Main Set</u></p> <p>6x100 free (20 sec rest) 4x100 free (15 sec rest) 2x100 free (10 sec rest) 100 easy</p> <p><u>Cool Down</u></p> <p>200 easy</p>	<p><u>Warm Up</u></p> <p>400 choice 8x50 (15 sec rest) - ODD 25 scull/25 kick - EVEN 25 drill/25 swim 4x100 Medley (30 sec rest) 200 free</p> <p><u>Main Set</u></p> <p>9x100 free (15 sec rest) 6x100 free (10 sec rest) 3x100 free (5 sec rest) 200 easy</p> <p><u>Cool Down</u></p> <p>300 free/back</p>
<p><b>Total distance: 1.1km</b> <b>Time: 35 minutes</b></p>	<p><b>Total distance: 2.1km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.7km</b> <b>Time: 80 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

Workout #6

*Goal - Work really hard in the main set during the fast efforts and record your time*

Level 1	Level 2	Level 3
<p><u>Warm up</u></p> <p>200 free/back 2x100 25 scull/25 swim/25 kick/25 swim (30 sec rest)</p> <p><u>Main Set</u></p> <p>3x100 Build 1-3 (45 sec rest) 3x50 free Build 1-3 (45 sec rest) 3x25 free Build 1-3 (30 sec rest)</p> <p><u>Cool Down</u></p> <p>175 easy swim with fins</p>	<p><u>Warm Up</u></p> <p>300 of 200free/100back 4x100 25 scull/25 swim/25 kick/25 swim (15 sec rest)</p> <p><u>Main Set</u></p> <p>3x200 Build 1-3 (1 minute rest) 2 mins rest 3x100 Build 1-3 (45 sec rest) 2 mins rest 3x50 Build 1-3 (30 sec rest)</p> <p><u>Cool Down</u></p> <p>250 easy swim with fins</p>	<p><u>Warm Up</u></p> <p>3x300 of 200free/100back (20 sec rest) 6x100 25 scull/25 swim/25 kick/25 swim (15 sec rest)</p> <p><u>Main Set</u></p> <p>3x400 Build 1-3 (1 minute rest) 2 mins rest 3x200 Build 1-3 (45 sec rest) 2 mins rest 3x100 Build 1-3 (30 sec rest)</p> <p><u>Cool Down</u></p> <p>400 easy swim with fins</p>
<p><b>Total distance: 1.1km</b> <b>Time: 35 minutes</b></p>	<p><b>Total distance: 2km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

Workout #7

*Goal - See how fast you can go on the last build swim during the main set*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>200 choice            2x50 20m fast/30m easy (45 sec rest)            2x100 Free (60 sec rest)            - Breathing every 3rd stroke</p> <p><u>Main Set</u></p> <p>3x100 Build 1-3 to 95% (45 sec rest)            50 easy swim            3x50 Main stroke @ 80% (30 sec rest)</p> <p><u>Cool Down</u></p> <p>100 easy swim</p>	<p><u>Warm Up</u></p> <p>200 choice            4x50 20m fast/30m easy (30 sec rest)            3x100 Free (30 sec rest)            - Breathing every 3rd stroke for 1st 50,            every 5th stroke for 2nd 50</p> <p><u>Main Set</u></p> <p>4x150 Build 1-4 to 95% (30 sec rest)            100 easy swim            6x50 Main stroke @ 80% (30 sec rest)</p> <p><u>Cool Down</u></p> <p>300 easy swim</p>	<p><u>Warm Up</u></p> <p>400 choice            4x50 25 min/max free - 25 free (20 sec rest)            4x50 20m fast/30m easy (30 sec rest)            4x100 Free (30 sec rest)            - Breathing every 3rd stroke for 1st 50,            every 5th stroke for 2nd 50</p> <p><u>Main Set</u></p> <p>4x150 Build 1-4 to 95% (30 sec rest)            100 easy swim            6x50 Main stroke @ 80% (30 sec rest)</p> <p>-REPEAT-</p> <p><u>Cool Down</u></p> <p>300 easy swim</p>
<p><b>Total distance: 1.1km</b>  <b>Time: 35 minutes</b></p>	<p><b>Total distance: 2km</b>  <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.5km</b>  <b>Time: 80 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

### Workout #8

*Goal - Hold 40-50 BBM heart rate during the moderate swims - work hard in the 95% swims and record times*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>200 choice            2x50 25 Back/25 free (30 sec rest)            2x25 Kick Fast (30 sec rest)            50 Free Build</p> <p><u>Main Set</u></p> <p>2x100 Moderate (20 sec rest)            100 free @ 95% (2 mins rest)            2x50 Moderate (20 secs rest)            50 free @ 95% (2 mins rest)            2x25 Moderate (20 sec rest)            25 free Max effort            25 easy</p> <p><u>Cool Down</u></p> <p>150 easy swim</p>	<p><u>Warm Up</u></p> <p>200 choice            4x50 25 Back/25 free (20 sec rest)            4x25 Kick Fast (20 sec rest)            100 Free Build</p> <p><u>Main Set</u></p> <p>3x100 Moderate (30 sec rest)            200 free @ 95% (2 mins rest)            3x100 Moderate (30 secs rest)            100 free @ 95% (2 mins rest)            3x100 Moderate (30 sec rest)            50 free Max effort            50 easy</p> <p><u>Cool Down</u></p> <p>200 easy swim</p>	<p><u>Warm Up</u></p> <p>400 choice            8x50 25 Fly or Back/25 free (20 sec rest)            8x25 Kick Fast (20 sec rest)            200 Free Build</p> <p><u>Main Set</u></p> <p>6x100 Moderate (20 sec rest)            200 free @ 95% (2 mins rest)            6x100 Moderate (20 secs rest)            100 free @ 95% (2 mins rest)            6x100 Moderate (20 sec rest)            50 free Max effort            50 easy</p> <p><u>Cool Down</u></p> <p>2x200 easy swim</p>
<p><b>Total distance: 1.1km</b>  <b>Time: 35 minutes</b></p>	<p><b>Total distance: 2.1km</b>  <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.8km</b>  <b>Time: 90 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

Workout #9

*Goal - Hold your long distance race pace in the main set*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>200 swim 4x50 freestyle (20 sec rest) - ODD 25 scull/ 25 swim - EVEN 25 kick/25 swim</p> <p><u>Main Set (freestyle)</u></p> <p>50 freestyle (20 sec rest) 100 freestyle (40 sec rest) 200 freestyle (60 sec rest) 100 freestyle (40 sec rest) 50 freestyle (20 sec rest)</p> <p><u>Cool Down</u></p> <p>100 easy swim</p>	<p><u>Warm Up</u></p> <p>200 swim 4x50 freestyle (20 sec rest) - ODD 25 kick 25 swim - ODD 25 scull/ 25 swim</p> <p><u>Main Set</u></p> <p>100/200/400/200/100 (30 sec rest)</p> <p>6x100 Freestyle (15 sec rest)</p> <p><u>Cool Down</u></p> <p>200 easy swim</p>	<p><u>Warm Up</u></p> <p>400 swim 4x(3x50) (20 sec rest) - 1. 25 min/max free 25 swim - 2. 25 scull/ 25 swim - 3. 25 kick/25 swim 8x50 (20 sec rest) - ODD 25 fly/25 back - EVEN 25 Breast/25 Free</p> <p><u>Main Set (freestyle)</u></p> <p>100/200/300/400/300/200/100 (20 sec rest)</p> <p>3x(6x100) Freestyle (1 min rest between sets) - Set 1 is with 15 sec rest between 100's - Set 2 is with 10 sec rest between 100's - Set 3 is with 5 sec rest between 100's</p> <p><u>Cool Down</u></p> <p>200 easy swim</p>
<p><b>Total distance: 1.1km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 2.2km</b> <b>Time: 60-70 minutes</b></p>	<p><b>Total distance: 5.1km</b> <b>Time: 90-100 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

Workout #10

*Goal - Feel how much effort you need to hold different times during the pyramid set*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>100 choice 1x100 50 drill/50 swim (20 sec rest) 2x50 25 kick/25 swim (15 sec rest)</p> <p><u>Main Set</u></p> <p>5x100 Freestyle Pyramid (45 sec rest) - Build up speed as a pyramid, so #1 and #5 are the easiest and number #3 is the fastest</p> <p><u>Cool Down</u></p> <p>2x100 Alternating Free / Back</p>	<p><u>Warm Up</u></p> <p>200 choice 3x100 50 drill/50 swim (20 sec rest) 4x50 25 kick/25 swim (15 sec rest)</p> <p><u>Main Set</u></p> <p>5x200 Freestyle Pyramid (60 sec rest) - Build up speed as a pyramid, so #1 and #5 are the easiest and number #3 is the fastest</p> <p><u>Cool Down</u></p> <p>3x100 Alternating Free / Back</p>	<p><u>Warm Up</u></p> <p>400 choice 5x100 50 drill/50 swim (20 sec rest) 8x50 25 kick/25 swim (15 sec rest)</p> <p><u>Main Set</u></p> <p>7x400 Freestyle Pyramid (45 sec rest) - Build up speed as a pyramid, so #1 and #7 are the easiest and number #4 is the fastest</p> <p><u>Cool Down</u></p> <p>4x100 Alternating Free / Back</p>
<p><b>Total distance: 1km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 2km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 4.5km</b> <b>Time: 90 minutes</b></p>

## Effortless Swimming's TriSwimWorkouts

Workout #11

*Goal - Work on good technique during the drills. Hold that technique in your speed work.*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>150 Free (30 sec rest) - Breathing Every 3rd stroke 2x50 15m fast 35m easy (20 sec rest)</p> <p><u>Main Set</u></p> <p>50 free (5 sec rest) 100 free (10 sec rest) 150 free (15 sec rest))</p> <p>4x50 Main stroke (15 sec rest) - ODD Drill - EVEN Build to fast</p> <p>4x50 Free (15 sec rest) - ODD 25 min/max free 25 swim - EVEN 5m underwater kick 45m swim</p> <p><u>Cool Down</u></p> <p>100 easy swim</p>	<p><u>Warm Up</u></p> <p>2x150 Free (30 sec rest) - Breathing 3/5/3 in 50's 6x50 15m fast 35m easy (20 sec rest)</p> <p><u>Main Set</u></p> <p>2x (50 free (5 sec rest) 100 free (10 sec rest) 150 free (15 sec rest))</p> <p>6x50 Main stroke (15 sec rest) - ODD Drill - EVEN Build to fast</p> <p>4x50 Free (15 sec rest) - ODD 25 min/max free 25 swim - EVEN 10m underwater kick 40m swim</p> <p><u>Cool Down</u></p> <p>200 easy swim</p>	<p><u>Warm Up</u></p> <p>6x150 Free (30 sec rest) - Breathing 3/5/3 in 50's 10x50 15m fast 35m easy (20 sec rest)</p> <p><u>Main Set</u></p> <p>4x (50 free (5 sec rest) 100 free (10 sec rest) 150 free (15 sec rest))</p> <p>10x50 Main stroke (15 sec rest) - ODD Drill - EVEN Build to fast</p> <p>8x50 Free (15 sec rest) - ODD 25 min/max free 25 swim - EVEN 15m underwater kick 35m swim</p> <p><u>Cool Down</u></p> <p>200 easy swim</p>
<p><b>Total distance: 1.05km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 1.9km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.7km</b> <b>Time: 90 minutes</b></p>



## Effortless Swimming's TriSwimWorkouts

### Workout #12

*Goal - This workout is a good chance to practice your speed training.*

Level 1	Level 2	Level 3
<p><u>Warm Up</u></p> <p>150 of 50 free/50 back/50 drill 3x50 Kick with fins (30 sec rest)</p> <p><u>Main Set</u></p> <p>6x25 of 1 fast/1 easy (30 sec rest) 4x50 Build 1-4 to 95% (45 sec rest) 100 freestyle build (30 sec rest) 100 freestyle breathing every 3rd stroke</p> <p><u>Cool Down</u></p> <p>100 easy swim</p>	<p><u>Warm Up</u></p> <p>300 of 100 free/100 back/100 drill 2x100 Kick with fins (20 sec rest) 100 easy swim</p> <p><u>Main Set</u></p> <p>12x25 of 1 fast/1 easy (15 sec rest) 2x(4x50) Build 1-4 to 95% (45 sec rest) - 2 mins rest between each set 100 easy</p> <p>2x 100 build (30 sec rest) 100 Breathing 3/5 in 50's (30 sec rest)</p> <p><u>Cool Down</u></p> <p>100 easy swim</p>	<p><u>Warm Up</u></p> <p>3x300 of 100 free/100 back/100 drill 6x100 Kick with fins (20 sec rest) 200 easy swim</p> <p><u>Main Set</u></p> <p>12x25 of 1 fast/1 easy (15 sec rest) 3x(4x50) Build 1-4 to 95% (45 sec rest) - 2 mins rest between each set 200 easy</p> <p>4x 100 build (30 sec rest) 100 Breathing 3/5 in 50's (30 sec rest)</p> <p><u>Cool Down</u></p> <p>200 easy swim</p>
<p><b>Total distance: 0.95km</b> <b>Time: 30 minutes</b></p>	<p><b>Total distance: 1.9km</b> <b>Time: 60 minutes</b></p>	<p><b>Total distance: 3.6km</b> <b>Time: 90 minutes</b></p>