



Training Plans

GROUP	SKILL LEVEL	TRAINING SCHEDULE	FAQS (APPLIES TO ALL LEVELS)
Beginner	Entry level swimmers who have limited aquatic experience and little to no fitness conditioning. Able to swim 100 meters.	Six weeks, two swims per week *Note how the workouts are written.	Where do I start? Try the last workout of one of the groups. If you comfortably complete that workout, begin your SIX-week training regimen in the next group up.
Intermediate	Adults who possess a modest level of swimming ability and feel comfortable swimming as a form of exercise. Can swim 100 meters in roughly 2 minutes and 45 seconds.	Six weeks, three swims per week	Do I need equipment? We suggest a swim cap (for swimmers with long hair) and goggles. A pull buoy and fins are recommended but optional.
Advanced	Adults who have moderate to strong aerobic fitness levels and are capable of swimming freestyle at different speeds during a workout. Can swim 100 meters in 2 minutes or less.	Six weeks, three swims per week *Four workouts have been provided. Choose three per week or four per week.	What is the purpose of tracking the distance I swim? Each day that you do a continuous long swim, record your time. For questions, email: events@usmastersswimming.org.

*** Workouts are written for short course meters or long course meters. You will be completing a series of long continuous swims over the course of the 6 weeks to prepare for the 2K swim. Feel free to adjust these suggested distances.**



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
WEEK 1 of 6	Swim #1 of 24 Equipment: fins	Repeat: four times (Rest 5 seconds for all): 1 x 75 (25 swim / 25 kick / 25 swim)	300
		Do one time: (Rest 5 seconds for all, wear fins) 1 x 100 swim	100
		2 x 25 kick on back	50
		2 x 50 swim	100
		2 x 50 kick on back	100
		4 x 25 swim	100
		*Swim 500 meters without stopping	
		TOTAL	750/1250 meters

*On the 500-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: *Advanced*

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #2 of 24	Repeat: three times (Rest 5 seconds for all):	
	Equipment: fins and buoy	1x 100 (50 pull / 25 kick / 25 swim) <i>with fins</i>	300
		Do one time: (Rest 5 seconds for all)	
		2 x 100 swim	200
		4 x 25 swim	100
		2 x 25 pull	50
		2 x 50 kick butterfly or breaststroke	100
		6 x 25 swim	150
		1 x 150 freestyle	150
		42 lengths	1050 meters



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #3 of 24 Equipment: fins and buoy	Repeat: three times (Rest 5 seconds for all): 1 x 200 (50 swim / 50 kick / 50 pull / 50 swim) with fins	600
		Do one time: (Rest 5 seconds for all)	
		2 x 100 swim	200
		2 x 25 kick	50
		2 x 75 swim	150
		2 x 25 kick	50
		3 x 50 swim	150
		2 x 50 kick	100
		4 x 25 swim	100
		1 x 450 swim freestyle	450
		74 lengths	1850 meters



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #4 of 24	Repeat: four times (Rest 5 seconds for all):	
	Equipment: fins and buoy	1 x 75 (50 swim / 25 kick) with fins	300
		Repeat two times: (Rest 5 seconds for all)	
		4 x 25 pull	200
		2 x 100 swim	400
		4 x 25 kick	200
		2 x 50 swim	200
		4 x 25 kick	200
		*Swim 600 meters without stopping	
		TOTAL	1500/2100 meters

*On the 600-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: *Advanced*

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #5 of 24 Equipment: fins	Repeat: four times (Rest 5 seconds for all): 1 x 75 (50 swim / 25 kick) with fins	300
		Repeat two times: (Rest 5 seconds for all) 4 x 25 pull	200
		2 x 100 swim	400
		4 x 25 kick	200
		2 x 50 swim	200
		4 x 25 kick	200
		*Swim 700 meters without stopping	
		TOTAL	1500/2200 meters

*On the 700-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #6 of 24 Equipment: kickboard and fins	Repeat three times:(Rest 5 seconds for all) 1 x 100 (25 swim/25 kick/25 swim/25 kick) with fins	300
		Do one time: (Rest 5 seconds for all) 4 x 75 swim	300
		4 x 25 swim	100
		4 x 25 kick	100
		4 x 50 swim	200
		4 x 25 swim	100
		4 x 25 kick	100
		48 lengths	1200 meters



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #7 of 24 Equipment: pull buoy and fins	Repeat two times:(Rest 5 seconds for all) 1 x 200 (50 swim/ 50 kick / 50 swim / 50 kick) with fins	400
		Do one time: (Rest 5 seconds for all) 3 x 100 swim	300
		3 x 50 swim	150
		3 x 50 pull	150
		4 x 25 swim	100
		*Swim 800 meters without stopping	
		Total	1100/1900 meters

*On the 800-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #8 of 24 Equipment: fins and buoy	Repeat four times:(Rest 5 seconds for all) 1 x 75 (25 pull/ 25 kick/ 25 swim) use fins Do one time: (Rest 5 seconds for all) 1 x 200 free 2 x 50 kick (25 on stomach, 25 on back) 3 x 100 swim 4 x 25 kick *Swim 900 meters without stopping	300 200 100 300 100
		TOTAL	1000/1900 meters

*On the 900-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #9 of 24	Repeat four times: (Rest 5 seconds for all)	
	Equipment: fins and buoy	1 x 75 (25 pull / 25 kick / 25 swim) use fins	300
		Do one time: (Rest 5 seconds for all)	
		1 x 200 free	200
		2 x 50 kick (25 on stomach, 25 on back)	100
		3 x 100 swim (IM or free)	300
		4 x 25 kick	100
		*Swim 1,000 meters without stopping	
	TOTAL	1000/2000 meters	

*On the 1,000-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #10 of 24 Equipment: buoy	Repeat three times:(Rest 5 seconds for all) 1 x 100 (25 kick / 50 swim / 25 kick) use fins 1 x 50 pull	300 150
		Do one time: (Rest 5 seconds for all) 4 x 100 swim (IM or free or backstroke) 4 x 25 kick 4 x 50 swim 4 x 25 swim 4 x 25 kick	400 100 200 100 100
		54 lengths	1350 meters
		TOTAL	



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #11 of 24	Repeat two times:(Rest 5 seconds for all)	
		1 x 200 (50 pull / 50 kick / 50 pull / 50 kick)	400
		Do one time: (Rest 5 seconds for all)	
	Equipment: buoy	2 x 200 swim	400
		2 x 50 kick on back	100
		2 x 100 swim	200
		2 x 50 kick on back	100
		2 x 50 swim	100
		2 x 50 kick on stomach	100
		2 x 25 swim	50
		2 x 50 kick on stomach	100
		62 lengths	1550 meters



Training Plan Level: *Advanced*

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #12 of 24 Equipment: pull buoy, fins, kickboard.	Repeat three times: (Rest 5 seconds for all) 1 x 100 (25 swim / 25 kick /25 pull /25 swim) <i>use fins</i>	300
		Do two times: (Rest 5 seconds for all) 4 x 50 swim - descend by 50	400
		4 x 25 swim	200
		4 x 25 kick	200
		*Swim 1100-meters without stopping	
		TOTAL	1100/2200 meters

*On the 1100-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim # 13 of 24	Repeat: three times (Rest 5 seconds for all) 1 x 100 (25 swim / 25 kick / 25 pull / 25 swim) <i>with fins</i>	300
		Do two times: (Rest 5 seconds for all) 4 x 50 swim	400
		4 x 25 swim	200
		4 x 25 kick on back	200
		*Swim 1200 meters without stopping	
		TOTAL	1100/2300 meters

*On the 1200-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim # 14 of 24	Repeat: two times (Rest 5 seconds for all)	
		1 x 75 (25 swim / 25 kick / 25 swim)	150
		Do one time: (Rest 5 seconds for all)	
		4 x 25 swim (fins)	100
		3 x 50 swim	150
		2 x 100 swim	200
		1 x 200 swim (fins)	200
		4 x 25 kick	100
		2 x 100 swim	200
		3 x 50 swim	150
		4 x 25 swim (fins)	100
		54 lengths	1350 meters



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim # 15 of 24	Repeat: three times (Rest 5 seconds for all)	
	Equipment: fins and kickboard	1 x 100 (50 kick / 50 swim)	300
		2 x 25 pull	150
		Do one time: (Rest 5 seconds for all)	
		4 x 100 swim	400
		2 x 50 (25 swim / 25 kick) fins	100
		4 x 100 swim	400
		2 x 50 (25 swim / 25 kick) fins	100
		6 x 25 swim - with fins	150
		64 lengths	1600 meters



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim # 16 of 24 Equipment: fins	Repeat: four times (Rest 5 seconds for all)	
		1 x 75 (25 swim / 25 kick / 25 pull)	300
		Repeat two times: (Rest 5 seconds for all)	
		8 x 25 swim	400
		4 x 25 kick	200
		8 x 25 swim	400
		4 x 25 kick	200
		*Swim 1300 meters without stopping	
	TOTAL	1500/2800 meters	

*On the 1300-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: *Advanced*

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 17 of 24 Equipment: fins and buoy	Repeat: four times (Rest 5 seconds for all) 1 x 75 (25 swim / 25 kick / 25 pull)	300
		Repeat two times: (Rest 5 seconds for all) 8 x 25 swim	400
		4 x 25 kick	200
		8 x 25 swim	400
		4 x 25 kick	200
		*Swim 1400 meters without stopping	
		TOTAL	1500/2900 meters

*On the 1400-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 18 of 24 Equipment: fins and buoy	Repeat: two times (Rest 5 seconds for all) 1 x 200 (100 swim / 50 kick / 50 pull) use fins	400
		Do one time: (Rest 5 seconds for all) 3 x 200 swim	600
		4 x 25 pull	100
		3 x 100 swim	300
		4 x 25 kick	100
		3 x 50 swim	150
		4 x 25 kick	100
		100 backstroke stretch	100
		74 lengths	1850 meters



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 19 of 24 Equipment: fins and buoy	Repeat: two times (Rest 5 seconds for all) 1 x 200 (100 swim / 50 kick / 50 pull) backstroke	400
		Do one time: (Rest 5 seconds for all) 3 x 200 swim with fins	600
		4 x 25 pull	100
		3 x 100 swim (back-free-back-free by 25)	300
		4 x 25 kick	100
		3 x 50 swim	150
		4 x 25 kick	100
		100 backstroke stretch	100
		74 lengths	1850 meters



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 20 of 24	Repeat: three times (Rest 5 seconds for all)	
	Equipment: fins and buoy	1 x 100 (50 swim / 25 pull / 25 kick) use fins	300
		1 x 100 swim	300
		5 x 50 swim	750
		6 x 25 swim	450
		4 x 50 kick/ pull (by 25) - use fins	600
		Swim 1500 meters without stopping	
		TOTAL	2400/3900 meters

*On the 1500-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: *Advanced*

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 21 of 24	Repeat: three times (Rest 5 seconds for all)	
	Equipment: fins and buoy	1 x 100 (50 swim / 25 pull / 25 kick) <i>use fins</i>	300
		1 x 100 swim	300
		5 x 50 swim	750
		6 x 25 swim	450
		4 x 50 kick / <i>pull - use fins</i>	600
		*Swim 1600 meters without stopping	
		TOTAL	2400/4000 meters

*On the 1600-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 22 of 24 Equipment: fins and buoy	Repeat: two times (Rest 5 seconds for all)	
		1 x 200 (50 swim / 50 kick / 50 swim / 50 kick)	
		use fins	400
		1 x 25 swim	50
		1 x 50 swim	100
		1 x 75 swim	150
		1 x 100 swim	200
		1 x 50 swim	100
		1 x 200 swim	400
		1 x 150 swim	300
		1 x 200 swim	400
		1 x 150 swim	300
		1 x 100 swim	200
		1 x 75 swim	150
		1 x 50 swim	100
		1 x 25 swim	50
	116 lengths	2900 meters	
	TOTAL		



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 23 of 24 Equipment: fins	Repeat: two times (Rest 5 seconds for all)	
		1 x 200 (50 swim / 50 kick / 50 swim / 50 kick) <i>use fins</i>	400
		Do one time or two times (Rest 5 sec. for all)	
		1 x 25 swim	25
		1 x 50 swim	50
		1 x 75 swim	75
		1 x 100 swim	100
		1 x 50 swim	50
		1 x 200 swim	200
		1 x 150 swim	150
		1 x 200 swim	200
		1 x 150 swim	150
		1 x 100 swim	100
		1 x 75 swim	75
		1 x 50 swim	50
		1 x 25 swim	25
			*Swim 1700 meters without stopping
	TOTAL	2900/4600 meters	

*On the 1700-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.



Training Plan Level: Advanced

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 24 of 24 Equipment: fins	Repeat: four times (Rest 5 seconds for all)	
		1 x 75 (25 pull / 25 kick / 25 swim) <i>fins</i>	300
		Repeat two times: (put on fins for round 2) (Rest 5 seconds for all)	
		1 x 200 kick	400
		5 x 100 swim	1000
		5 x 50 swim	500
		4 x 25 swim	200
		4 x 25 kick	200
		*Swim 1800 meters without stopping	
Total	2600/4400 meters		

*On the 1800-meter swim, focus on your freestyle technique. Keep your head still, kick, and rotate your body using your core muscles. Track your progress each time you complete a long, continuous swim. This will help you improve each swim as you build up to the 2K swim.