



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 faster.	Six weeks, three swims per week *Four workouts have been provided. Choose three per week or do all four if you can.	What is the purpose of adding up the distance I swim? Each day that you do a continuous long swim, record your time accomplished on the swim tracker. For questions, email: events@usmastersswimming.org.

***Workouts are written for short course 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.**

Print your daily workouts and take them to the pool in a Ziploc bag!



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE <i>*Take one day between the two swim days to stretch and cross train.</i>	Swim #1 of 12	Repeat two times:	
	Equipment: fins and pull buoy	Swim one length freestyle (1 x 25 free)	50
		Rest 20 seconds	
		Swim one length freestyle (1 x 25 free)	50
		Rest 20 seconds	
		Kick one length freestyle (1 x 25 free) (fins optional)	50
		Rest 20 seconds	
		Kick one length freestyle (1 x 25 free) (fins optional)	50
		Rest 20 seconds	
		Pull one length freestyle (1 x 25 free) (buoy between legs)	50
		Rest 20 seconds	
		Pull one length freestyle (1 x 25 free) (buoy between legs)	50
		Rest 20 seconds, put buoy aside	
		Do one time:	
Swim two lengths freestyle (1 x 50 free)		50	
14 lengths	350 meters		



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #2 of 12 Equipment: fins	Repeat four times: Swim one length freestyle (1 x 25 free) Rest 20 seconds Kick one length on your back (1 x 25 kick) Rest 20 seconds Swim one length freestyle (1 x 25 free) Rest 20 seconds Kick one length on your back (1 x 25 kick) Rest 20 seconds Do one time: Swim two lengths freestyle (1 x 50 free) 18 lengths	 100 100 100 100 50 450 meters



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #3 of 12 Equipment: fins (optional)	Repeat four times: Swim one length freestyle (1 x 25 free) Rest 20 seconds Kick one length on your back (1 x 25 kick) Rest 20 seconds Swim one length freestyle (1 x 25 free) Rest 20 seconds Kick one length on your back (1 x 25 free) Rest 20 seconds Do one time: Swim two lengths freestyle (1 x 50 free) (rest when needed) Do one time: Swim four lengths freestyle (1 x 100 free) (rest when needed)	100 100 100 100 100 50 100
		22 lengths	550 meters



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #4 of 12	Repeat three times:	
*Take one day between the two swim days to stretch and cross train.	Equipment: fins	Swim four lengths freestyle with 20 seconds rest between each length (4 x 25)	300
		Kick two lengths freestyle with 20 seconds rest between each length (1 x 50 kick)	150
		Do one time:	
		Swim two lengths of the pool freestyle (with fins) (1 x 50 free)	50
		Rest 20 seconds	
		Swim two lengths of the pool freestyle (with fins) (1 x 50 free)	50
	22 lengths	550 meters	



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #5 of 12 Equipment: pull buoy	Repeat three times: Swim two lengths freestyle (1 x 50 free) Rest 15 seconds Kick two lengths freestyle (1 x 50 kick) Do one time: Pull one length freestyle (1 x 25 pull) Rest 15 seconds Pull one length freestyle (1 x 25 pull) Rest 15 seconds Pull one length freestyle (1 x 25 pull) Rest 15 seconds Pull one length freestyle (1 x 25 pull) Rest 15 seconds Kick one length on back (1 x 25 kick) Rest 15 seconds Kick one length on back (1 x 25 kick) Rest 15 seconds Swim two lengths freestyle (1 x 50 free) Rest 15 seconds Swim two lengths freestyle (1 x 50 free)	150 150 25 25 25 25 25 25 25 25 25 50 50
		22 lengths	550 meters



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #6 of 12 Equipment: kickboard	Repeat three times: Swim two lengths freestyle (1 x 50 free) Rest 15 seconds Kick two lengths freestyle (1 x 50 kick) Do one time: Pull one length freestyle (1 x 25 pull) Rest 15 seconds Pull one length freestyle (1 x 25 pull) Rest 15 seconds Pull one length freestyle (1 x 25 pull) Rest 15 seconds Pull one length freestyle (1 x 25 pull) Rest 15 seconds Kick one length on back (1 x 25 kick) Rest 15 seconds Kick one length on back (1 x 25 kick) Rest 15 seconds Swim two lengths freestyle (1 x 50 free) Rest 15 seconds Swim two lengths freestyle (1 x 50 free)	150 150 25 25 25 25 25 25 25 25 25 25 50 50
		22 lengths	550 meters



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #7 of 12 Equipment: pull buoy	Repeat three times: Swim four lengths freestyle with 15 seconds rest in between lengths (4 x 25 free) Pull two lengths freestyle with 15 seconds rest between (use pull buoy) (2 x 25 pull) Kick two lengths freestyle with 15 seconds rest between lengths (2 x 25 kick)	 300 150 150
		Do one time: Swim two lengths freestyle (1 x 50 free) Rest 15 seconds Swim two lengths freestyle (1 x 50 free)	 50 50
		28 lengths	700 meters



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #8 of 12	Repeat two times:	
		Kick two lengths freestyle (1 x 50 kick)	100
		Rest 15 seconds	
		Kick two lengths freestyle (1 x 50 kick)	100
		Rest 15 seconds	
		Swim two lengths freestyle with 15 seconds rest between lengths (2 x 25 swim)	100
		Kick two lengths freestyle on back (1 x 50 kick)	100
		Rest 15 seconds	
		Kick two lengths freestyle on back (1 x 50 kick)	200
		Rest 15 seconds	
		Swim four lengths freestyle with 15 seconds rest between lengths (4 x 25 swim)	200
		Rest 1 minute	
		*Swim 200 meters without stopping	
		32 lengths	800/1000 meters
		TOTAL	

*On the 200-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: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim #9 of 12 Equipment: kickboard	Repeat two times:	
		Swim two lengths freestyle (1 x 50 free)	100
		Rest 10 seconds	
		Swim two lengths freestyle (1 x 50 free)	100
		Rest 10 seconds	
		Swim four lengths freestyle with 10 seconds rest between (4 x 25 swim)	200
		Rest 10 seconds	
		Kick two lengths freestyle (1 x 50 kick)	100
		Rest 10 seconds	
		Kick two lengths freestyle (1 x 50 kick)	100
		Rest 10 seconds	
		*Swim 300 meters without stopping	
		24 lengths	600/900 meters
		TOTAL	

*On the 300-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.



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim #10 of 12	Repeat two times:	
	Equipment: pull buoy and kickboard	Pull two lengths freestyle with 5 seconds rest between lengths (2 x 25 pull)	100
		Rest 5 seconds	
		Swim two lengths freestyle (1 x 50 free)	100
		Rest 5 seconds	
		Swim two lengths freestyle (1 x 50 free)	100
		Rest 5 seconds	
		Kick two lengths freestyle with kickboard with 5 seconds rest between lengths (2 x 25 kick)	100
		Rest 5 seconds	
		Do one time:	
		Swim eight lengths freestyle with 5 seconds rest between (8 x 25 swim)	200
		24 lengths	600 meters



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim #11 of 12 Equipment: fins and kickboard	<p>Repeat three times: Swim four lengths of the pool: <i>swim</i> odd lengths, <i>kick</i> even lengths. 15 seconds rest between lengths (with fins) (1 x 100)</p> <p>Do one time: Swim two lengths of the pool (1 x 50) Rest 5 seconds Swim two lengths of the pool (1 x 50) Rest 5 seconds Swim two lengths of the pool (1 x 50) Rest 5 seconds Swim two lengths of the pool (1 x 50) Rest 5 seconds Swim four lengths of the pool with 5 seconds rest between each length (4 x 25) Rest 10 seconds *Swim 400 meters without stopping</p> <p>24 lengths</p> <p>TOTAL</p>	<p>300</p> <p>50</p> <p>50</p> <p>50</p> <p>50</p> <p>100</p> <p>600/1000 meters</p>

*On the 400-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 2K swim.



Training Plan Level: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim #12 of 12 Equipment: pull buoy, fins, and kickboard	Repeat four times: Pull one length and then kick one length with 5 seconds rest between each length (1 x 50, 25 pull / 25 kick) Do one time: Swim three lengths freestyle and get faster each length (1 x 75) Rest 5 seconds Swim three lengths freestyle and get faster each length (1 x 75) Rest 5 seconds Swim three lengths freestyle and get faster each length (1 x 75) Rest 5 seconds Swim three lengths freestyle and get faster each length (1 x 75) Rest 5 seconds Kick four lengths with 5 seconds rest between lengths, one easy, one hard (4 x 25 free) *Swim 500 meters without stopping TOTAL	200 75 75 75 75 100 600/1100 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: Beginner

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	BONUS WORKOUT #13 Equipment: pull buoy and kickboard	<p>Repeat three times (rest 5 seconds after round):</p> <p>Pull one length freestyle, kick one length, swim one length (use fins) (1 x 75)</p> <p>Swim one length easy back to starting end (1 x 25)</p> <p>Do one time: (for more training – do two times)</p> <p>Kick two lengths (1 x 50)</p> <p>Rest 5 seconds</p> <p>Kick two lengths (1 x 50)</p> <p>Repeat four times:</p> <p>Swim two lengths with 5 seconds rest (4 x 50 swim)</p> <p>5 seconds rest</p> <p>Do one time: (for more training - do two times)</p> <p>Kick two lengths (1 x 50 kick)</p> <p>5 seconds rest</p> <p>Kick two lengths (1 x 50 kick)</p> <p>5 seconds rest</p> <p>Swim three lengths (1 x 75 swim)</p> <p>5 seconds rest</p> <p>Kick two lengths (2 x 25 kick)</p> <p>30 lengths</p>	<p>225</p> <p>50</p> <p>50</p> <p>200</p> <p>50</p> <p>50</p> <p>75</p> <p>50</p> <p>750 meters</p>