



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 tracking long swims? Each day that you do a continuous long swim, record your time. Log this for 2019 so you can see your improvement. 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.**



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
WEEK 1 of 6	Swim #1 of 18	Repeat four times (rest 5 seconds after each):	
*Take one day between the three swim days to stretch and cross train.	Equipment: fins	1 x 50 (25 pull / 25 kick) <i>with fins</i>	200
		Do one time (rest 5 seconds after each):	
		4 x 75 swim descend each 25 (slow, medium, fast)	300
		4 x 25 kick (one easy, one hard)	100
		*Swim 500 meters without stopping	
			600/1100 meters
		TOTAL	

*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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #2 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: fins	1 x 100 (25 pull / 25 kick / 25 swim) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		2 x 75 swim	150
		4 x 25 kick	100
		2 x 75 swim	150
		4 x 25 kick	100
		4 x 25 swim	100
		36 lengths	900 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
ONE	Swim #3 of 18	Repeat four times (rest 5 seconds after each):	
	Equipment: fins (optional)	1 x 75 (25 swim / 25 kick / 25 swim) with fins	300
		Do one time (rest 5 seconds after each):	
		1 x 100 swim	100
		2 x 25 kick	50
		2 x 50 swim	100
		2 x 50 kick	100
		4 x 25 swim	100
		*Swim 700 meters without stopping	
			750/1450 meters
		TOTAL	

*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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #4 of 18 Equipment: fins	Repeat four times (rest 5 seconds after each): 1 x 75 (25 swim / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each): 1 x 100 swim	100
		2 x 25 kick	50
		2 x 50 swim	100
		2 x 50 kick	100
		4 x 25 swim	100
		*Swim 800 meters without stopping	
			750/1550 meters
		TOTAL	

*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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #5 of 18 Equipment: fins	Repeat four times (rest 5 seconds after each):	300
		1 x 75 (25 swim / 25 kick / 25 swim)	
		<i>Put on fins</i>	
		Do one time (rest 5 seconds after each):	
		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 900 meters without stopping	
		750/1650 meters	
		TOTAL	

*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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
TWO	Swim #6 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: kickboard	1 x 100 (50 pull / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each):	
		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 swim	150
		42 lengths	1050 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #7 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: pull buoy and fins	1 x 100 (50 pull / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each):	
		2 x 100 swim	200
		4 x 25 swim	100
		2 x 25 pull	50
		2 x 50 kick	100
		6 x 25 swim	150
		1 x 200 swim	200
		44 lengths	1100 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #8 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: pull buoy	1 x 100 (50 pull / 25 kick / 25 swim)	300
		Do one time (rest 5 seconds after each):	
		2 x 100 swim	200
		4 x 25 swim	100
		2 x 25 pull	50
		2 x 50 kick	100
		6 x 25 swim	150
		1 x 300 free swim	300
		48 lengths	1200 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
THREE	Swim #9 of 18 Equipment: fins	Repeat two times (rest 5 seconds after each): 1 x 200 (50 swim / 50 kick / 50 pull / 50 swim)	400
		<i>Put on fins</i>	
		Do one time (rest 5 seconds after each):	
		2 x 100 swim	200
		2 x 25 kick	50
		2 x 75 swim	150
		2 x 25 kick	50
		3 x 50 kick	150
		4 x 25 swim	100
		1 x 350 swim	350
		58 lengths	1450 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #10 of 18 Equipment: fins	Repeat two times (rest 5 seconds after each):	
		1 x 200 (50 swim / 50 kick / 50 pull / 50 swim) <i>with fins</i>	400
		Do one time (rest 5 seconds after each):	
		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 400 swim <i>with fins</i>	400
		64 lengths	1600 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #11 of 18	Repeat two times (rest 5 seconds after each):	
		1 x 200 (50 swim / 50 kick / 50 pull / 50 swim)	400
		Do one time (rest 5 seconds after each):	
	Equipment: fins and buoy	2 x 100 pull <i>with buoy</i>	200
		2 x 25 kick	50
		2 x 75 pull	150
		2 x 25 kick	50
		3 x 50 pull	150
		2 x 50 kick	100
		4 x 25 pull	100
		1 x 450 swim <i>with fins</i>	450
		66 lengths	1650 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FOUR	Swim #12 of 18 Equipment: pull buoy, fins, and kickboard	Repeat 4 times (rest 5 seconds after each):	
		1 x 75 (50 swim / 25 kick) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		4 x 25 pull	100
		2 x 100 swim	200
		4 x 25 kick	100
		2 x 50 swim	100
		4 x 25 kick	100
	*Swim 1,000 meters without stopping		
	TOTAL	900/1900 meters	

*On the 1000-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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 13 of 18	Repeat 4 x (rest 5 seconds after each)	
	Equipment: fins and kickboard	1 x 75 (50 swim / 25 kick) with fins	300
		Do one time: (rest 5 seconds after each)	
		4 x 25 pull	100
		2 x 100 swim	200
		4 x 25 kick with kickboard	100
		2 x 50 swim	100
		4 x 25 kick with kickboard	100
		*Swim 1100 meters without stopping	
		TOTAL	900/2000 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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
FIVE	Swim # 14 of 18	Repeat 4 x (rest 5 seconds after each)	
	Equipment: fins and buoy	1 x 75 (50 swim / 25 kick) with fins	300
		Do one time: (rest 5 seconds after each)	
		4 x 25 pull	100
		2 x 100 swim (25 fly / 25 back / 25 breast / 25 free)	200
		4 x 25 kick	100
		2 x 50 swim	100
		4 x 25 kick	100
		*Swim 1200 meters without stopping	
		TOTAL	900/2100

*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.

WEEK WORKOUT

SWIM SETS

SWIM TRACKER



Training Plan Level: Intermediate

FIVE	Swim # 15 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: fins and kickboard	1 x 100 (25 swim / 25 kick / 25 swim / 25 kick) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 16 of 18	Repeat three times (rest 5 seconds after each):	
	Equipment: fins	1 x 100 (25 swim / 25 kick / 25 swim / 25 kick) with fins	300
		Do one time (rest 5 seconds after each):	
		4 x 75 swim (25 back-25 free-25 back)	300
		4 x 25 swim	100
		4 x 25 kick	100
		4 x 50 swim (build each 50)	200
		4 x 25 swim	100
		4 x 25 kick	100
		48 lengths	1200 meters



Training Plan Level: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 17 of 18 Equipment: fins and buoy	Repeat two times (rest 5 seconds after each):	
		1 x 200 (50 swim / 50 kick / 50 swim / 50 kick) <i>with fins</i>	400
		Do one time (rest 5 seconds after each):	
		3 x 100 swim	300
		3 x 50 swim	150
		3 x 50 pull	150
		4 x 25 swim	100
		*Swim 1300 meters without stopping	
TOTAL	1100/2400 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: Intermediate

WEEK	WORKOUT	SWIM SETS	SWIM TRACKER
SIX	Swim # 18 of 18	Repeat four times (rest 5 seconds after each):	
	Equipment: fins and buoy	1 x 75 (25 pull / 25 kick / 25 swim) <i>with fins</i>	300
		Do one time (rest 5 seconds after each):	
		1 x 200 free	200
		2 x 50 kick (25 on stomach, 25 on back)	100
		3 x 100 swim	300
		4 x 25 kick	100
		*Swim 1400 meters without stopping	
		TOTAL	1000/2400meters

*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.