

Beginner Workouts

Do each workout 3 times before moving on to the next

1 lap = 2 lengths = 50 yards

Maintain target heart rate

$$\begin{aligned} & 220 \\ & - \text{(your age)} \\ & = \text{total} \\ & - \text{(resting heart rate)} \\ & = \text{total} \\ & \times 0.6 \\ & = \text{total} \\ & + \text{(resting heart rate)} \\ & = \text{the lower limit of your target} \\ & \text{heart rate} \end{aligned}$$

$$\begin{aligned} & 220 \\ & - \text{(your age)} \\ & = \text{total} \\ & \times 0.8 \\ & = \text{total} \\ & + \text{(resting heart rate)} \\ & = \text{the upper limit of your target} \\ & \text{heart rate range} \end{aligned}$$

Workout #1

Concentrate on proper breathing (keeping face in the water, breathing every other stroke, always on the same side)

Swim 50 yards

Rest 15-30 seconds

Continue for 15 minutes

Check heart rate during breaks

Workout #2

Concentrate on long strokes

Swim 75 yards

Rest 15-30 seconds

Continue for 15 minutes

Check heart rate during breaks

Workout #3

Concentrate on small kicks from the hips

Swim 75 yards (do not rest)

Swim 25 yards of a resting stroke (sidestroke and elementary backstroke)

Rest 15-30 seconds

Continue for 20 minutes

Check heart rate during breaks

As adapted from American Red Cross. (1993). *Aqua Fitness*. (pp. 36-37). Mosby Lifeline.

Beginner Workouts

Workout #4

Concentrate on an even pace
Swim 100 yards
Rest for 15-25 seconds
Continue for 20 minutes
Check heart rate during breaks

Workout #5

Swim 125 yards (do not rest)
Swim 25 yards resting stroke
Rest for 15-25 seconds
Continue for 20 minutes
Check heart rate during breaks

Do each workout 3 times before moving on to the next
1 lap = 2 lengths = 50 yards

Workout #6

Swim 150 yards
Rest 15-20 seconds
Continue for 20 minutes
Check heart rate during breaks

Workout #7

Emphasis on building endurance
Swim continuously for 20 minutes
Swim a resting stroke when needed
Rest only when needed, no more than 15 seconds
Check your heart rate every 10 minutes

Workout #8

Emphasis on building endurance
Swim continuously for 25 minutes
Swim a resting stroke when needed
Rest only when needed, no more than 15 seconds
Check your heart rate every 10 minutes

Workout #9

Emphasis on building endurance
Swim continuously for 30 minutes
Swim a resting stroke when needed
Rest only when needed, no more than 15 seconds
Check your heart rate every 10 minutes

Workout #10

Beginner Workouts

Emphasis on building endurance
Swim continuously for 30 minutes
Swim a resting stroke when needed
Rest only when needed, no more than 10 seconds
Check your heart rate every 10 minutes

Workout #11

Retake “Cooper 12-minute Swimming Test” to track your progress
Kick 50 yards w /board
Swim 200 yards

Workout #12

9 x 50 (9, 50 yard swims) Stroke: Free (freestyle = front crawl)
45 second rest between each 50

1 & 2 concentrate on long strokes
3 & 4 concentrate on proper breathing
5 & 6 concentrate on small kick from the hips
7, 8, & 9 concentrate on even pace

2 x 100 (2, 100 yard swims) Stroke: Free (freestyle = front crawl)
45 second rest between each

5 x 50 (5, 50 yard swims) Stroke: Free (freestyle or front crawl)
45 second rest between each

total distance: 900 yards

Workout #13

3 x 75 (3, 75 yard swims) Stroke: Free (freestyle = front crawl)
30 second rest between each

1 x 75 Kick free (freestyle kick = flutter kick)
30 second rest

2 x 75 Stroke: Free
30 second rest
Progressive swim: swim second 75 faster than the first 75

1 x 150 Stroke: Free (freestyle = front crawl)
30 second rest
Concentrate on even pace

1 x 100 Kick free (freestyle kick = flutter kick)

Beginner Workouts

30 second rest

3 x 100 Stroke: Free (freestyle = front crawl)

30 second rest

Progressive swim: each 100 swam faster than the one before it

Total distance: 1,000 yards