

SWIMMING PROGRAMME 1

Warm up	4 x 25m (100m)	Any stroke (+ fins)
A	4 x 25m	Freestyle kick – no arms Rest 30 sec
B	4 x 25m	Single arm freestyle with legs (or fins) Rest 30 sec
C	4 x 25m	Any stroke no legs Rest 30 sec
D	4 x 25m	Any stroke full swim
Swim golf	4 x 50 m	Swim golf – rest 1 minute between 50m's
Speed	4 x 25m	Any stroke build up each length to fast pace Rest 45 sec
Cool Down	4 x 25m	Easy freestyle or backstroke with fins

TOTAL LENGTHS: 36

Swim Golf

Swim 50 m at a decent pace - concentrate on technique
Count each stroke as your hand enters the water e.g. 40 strokes to cover 50m
Record your 50 m time in seconds e.g. 40 sec to cover 50 m

Score your Golf Swim

Add the number of strokes (40) to the number of seconds (40) = 80
To establish your average do 4 – 8 repeats
Rest adequately between each repeat
Add each 50 m score and divide by the number of repeats to get an average
This indicates your efficiency
A low swimgolf is GOOD (85 – 90 is average)

SWIMMING PROGRAMME 2

Warm up	4 x 25m (100m)	Any stroke (may use fins)
A	50 m	Freestyle kick – no arms
	25 m	Left arm freestyle
	25 m	Right arm freestyle
	50 m	Full arm Freestyle - no legs
	50 m	Full stroke freestyle
Repeat A 3 times		
Swimgolf	4 x 50 m	Swim golf First two length are done at steady pace Last two are done at a fast pace Rest 30 sec between 50's
Stamina	5 x 100m	Any stroke Rest 20 sec between 100's (Increase number of repeats by two each week – by week three you can do 10 x 100m)
Cool down	4 x 25m	Fast any stroke
	100 m	Easy breaststroke
Repeat cool down		

TOTAL LENGTHS: 64

Swim Golf

Swim 50 m at a decent pace - concentrate on technique
Count each stroke as your hand enters the water e.g. 40 strokes to cover 50m
Record your 50 m time in seconds e.g. 40 sec to cover 50 m

Score your Golf Swim

Add the number of strokes (40) to the number of seconds (40) = 80
To establish your average do 4 – 8 repeats
Rest adequately between each repeat
Add each 50 m score and divide by the number of repeats to get an average
This indicates your efficiency
A low swimgolf is GOOD (85 – 90 is average)

SWIMMING PROGRAM 3

Warm up	6 minute swim	Any stroke no stopping for 6 minutes
DRILL A	50 m	Freestyle kick only
	25 m	Left arm freestyle & legs
	25 m	Right arm freestyle & legs
	50 m	Full arms only no legs
	50 m	Full stroke
REPEAT DRILL A THREE TIMES		
Swim golf	4 x 50 m	Swim golf First two length are done at steady pace Last two are done at a fast pace Rest 30 sec between 50's
Drill B	3 x 100 m	Freestyle 1 length fast 1 length medium 1 length slow Rest 30 sec between 100's
REPEAT DRILL B THREE TIMES SWIM EACH 100 M FASTER THAN THE PREVIOUS ONE – INCREASE NUMBER OF SETS BY ONE EACH WEEK SO THAT BY WEEK 3 YOU CAN DO 5 X (3 X 100M)		
Cool down	4 x 25m	Fast any stroke
	100 m	Easy breaststroke or backstroke
REPEAT COOL DOWN		

TOTAL LENGTHS: 76

Swim Golf

Swim 50 m at a decent pace - concentrate on technique
Count each stroke as your hand enters the water e.g. 40 strokes to cover 50m
Record your 50 m time in seconds e.g. 40 sec to cover 50 m

Score your Golf Swim

Add the number of strokes (40) to the number of seconds (40) = 80
To establish your average do 4 – 8 repeats
Rest adequately between each repeat
Add each 50 m score and divide by the number of repeats to get an average
This indicates your efficiency
A low swimgolf is GOOD (85 – 90 is average)

SWIMMING PROGRAMME 4

Warm up	6 minute swim	Any stroke – no stopping for 6 minutes
DRILL A	50 m	Freestyle kick
	25 m	Left arm freestyle & legs
	25 m	Right arm freestyle & legs
	50 m	Full arm no legs
	50 m	Full stroke
	Repeat A 4 times	Repeat A 4 times
Golf Swim	8 x 50m	First 4 done at steady pace
		Last 4 done at race pace
		Rest 30 sec between
Stamina & Speed	6 x 200m (200m = 8 x 25m)	Freestyle full stroke
		Rest 1 min between 200's
	3 x 200 m (200m = 8 x 25m)	1 st 200m race
		2 nd 20m medium
		3 rd 200m slow
		Rest 1 min between sets
Cool down	4 x 25 m	Fast
	4 x 25 m (100 m)	Easy backstroke or breaststroke

TOTAL LENGTHS: 128

Swim Golf

Swim 50 m at a decent pace - concentrate on technique
 Count each stroke as your hand enters the water e.g. 40 strokes to cover 50m
 Record your 50 m time in seconds e.g. 40 sec to cover 50 m

Score your SwimGolf

Add the number of strokes (40) to the number of seconds (40) = 80
 To establish your average do 4 – 8 repeats
 Rest adequately between each repeat
 Add each 50 m score and divide by the number of repeats to get an average
 This indicates your efficiency
 A low swimgolf is GOOD (85 – 90 is average)