

This handout is designed to help you design dynamic swim workouts that go beyond just swimming laps. The sample workouts can be modified to fit your time and interests. Feel free to mix and match, change the strokes, or add your training aids. Be sure to add your own warm up and cool down to the main set examples.

Mix up your freestyle sets with:

- Changes in pace
- Adding other strokes (backstroke, breaststroke, butterfly, elementary backstroke, sidestroke, doggie paddle, etc.) IM order or Individual Medley is butterfly, backstroke, breaststroke, and then freestyle.
- Kicking on back or with a kickboard
- Freestyle drills (see below)
- Training aids (see below)

Freestyle drills that encourage a long, efficient stroke:

- Stroke Count Drill - count your strokes for one length. Repeat and reduce your stroke count by making longer, stronger strokes while maintaining your pace.
- One-arm Drill – only use one arm per length, keeping the other arm out front. Only breathe on the side that is stroking.
- Catch-up Drill – swim one arm at a time, swapping arms when both are in front of you, when the one arm catches up with the other.
- Thumb Touch Drill – swim with your thumbs out and stroke until your thumb touches your thigh, encouraging a long and complete stroke.

Incorporate your own **training aids** into your workout, such as fins, pull buoy, hand paddles, swimmer’s snorkel, etc.

Workouts are based on our 25 yard pool (approximately 22 meters).

Yards	Lap (down and back)	Length (one-way)
25	½	1
50	1	2
75	1 ½	3
100	2	4
150	3	6
200	4	8
250	5	10
300	6	12
400	8	16

Shorter Sets (400-600 yards)

Set #1 Alternate (400 yards)

Alternate 1 lap free with 1 lap non-free
#2 kick
#4 backstroke
#6 pull
#8 breaststroke

Set #2 Sprints (400 yards)

4 x 50 free alternate fast and slow
50 backstroke
50 breaststroke
100 pull

Set #3 Vary Speed (400 yards)

6 x 50 free (:30 second rest)
#1 & 4 - moderate pace
#2 & 5 - fast pace
#3 & 6 - super fast pace
100 easy back/breast

Set #5 Ladder (500 yards)

25 kick on back
50 backstroke
75 breaststroke
100 freestyle
Repeat in opposite order

Set #6 Time Yourself (500 yards)

50 Swim freestyle for time
50 Kick
50 non-freestyle (back or breast)
50 Pull
50 free, faster than first time
Repeat with different stroke

Set #7 Pyramid (500 yards)

25 free
25 non-free choice
50 free
50 non-free choice
75 free
75 non-free choice
100 free
100 non-free choice

#8 Freestyle Focus (500 yards)

2 x 25 count your strokes
50 kick on back
50 free
50 one-arm drill
50 free
50 catch-up drill
50 free
50 thumb touch drill
50 free
2 x 25 stroke count (improve)

Set #9 Vary Speed (600 yards)

2 x 50 kick down, freestyle back
2 x 50 free, #1 fast, #2 recovery
50 backstroke
2 x 50 catch-up drill/freestyle
2 x 100 free, #1 fast, #2 recovery
50 breaststroke

Set #10 Three-peat (600 yards)

3 x 50 non-free choice
3 x 50 drill down, swim back
3 x 50 free as 25 kick, 25 swim
3 x 50 free, each one faster
(or do set once, three times through)

Medium Sets (800-1,100 yards)

Set #11 Alternate (800 yards)

Alternate 100 free with 100 non-free
#2 kick
#4 backstroke
#6 pull
#8 breaststroke

Set #12: Pyramid (800 yards)

50 free
50 non-free choice
100 free
2 x 50 non-free choice
150 free
3 x 50 non-free choice
200 free

Set #13: Long free (850)

100 kick on back (fins optional)
3 x 100 free, each one faster
100 easy non-free
250 free (triathletes, time yourself)
100 easy non-free

Set #14 Ladder (900 yards)

50 backstroke
2 x 50 as 25 kick on back, 25 free
100 pull
150 free, faster each 50
Easy 100 choice break
150 free, faster each 50
100 pull
2 x 50 as 25 kick on back, 25 free
50 breaststroke

Set #15 Crazy 150s (900 yards)

1. 3 x 50 choice 25 kick, 25 swim
2. 2 x 75 free as #1 pull, #2 swim
3. 3 x 50 as non-free choice
4. 6 x 25 free alternate fast & slow
5. 2 x 75 as 25 kick, 25 catch-up, 25 free
6. 150 free faster each 50

Set #16: Focus on Free (900+ yards)

3 x 100 free as 25 kick, 25 drill*, 50 swim
(#1 one-arm, #2 catch up, #3 thumb touch)
100 non-free choice
Continuous freestyle rest of workout
(count your strokes, breathe out)

Set #17: Free Descend (1,000 yards)

200 pull (think breathe out)
2 x 100 free, second one faster
50 easy back/breast
150 pull
2 x 75 free, second one faster
50 easy back/breast
100 pull
2 x 50 free, second one faster

Set #18: SKIPS (1,100 yards)

100 swim free, time yourself
100 kick (fins optional)
100 IM or non-free
100 pull (snorkel optional)
100 free, faster than first
50 easy back/breast
Repeat entire set

Long Sets (1,200-1,600 yards)

Set #21: Circuit (1,200 yards)

50 kick on back
50 drill
2 x 100 free, second one faster
100 non-free choice
(3x through, change drills & strokes)

Set #22: Three-peats (1,200 yards)

3 x 100 free as 25 kick,
25 catch-up, 50 free
3 x 50 backstroke
3 x 100 free as 50 one-arm, 50 swim
3 x 50 kick choice
3 x 50 free, each one faster
3 x 50 breaststroke

Set #23: Stroke Pyramid (1,200)

100 IM or non-free choice
100 free
2 x 100 IM or non-free choice
200 free
3 x 100 IM or non-free choice
300 free

Set #24 Free Break: (1200+ yards)

4 x 50 IM order as 25 kick, 25 swim
2 x 100 pull
2 x 100 IM or non-freestyle
10 minute swim freestyle
100 back
100 breast

Set #25: Long swim (1,300+ yards)

2 x 100 free as 50 one-arm drill, 50 swim
200 alternate kick and free by 25
2 x 100 IM or non-free choice
Remainder is long freestyle swim

Set #26: Crazy 200s (1,400 yards)

4 x 50 catch-up drill/swim
200 kick (fins)
200 free (snorkel)
4 x 50 non-free
200 free, faster each 50
4 x 50 IM order
200 pull

Set #27: Broken 500s (1,500 yards)

200 free
150 pull or kick
100 non-free
50 free fast!
Repeat set 3 times

Set #28: Ladder (1600 yards)

100 IM or non-free
200 alternate kick/free (fins)
300 pull
4 x 100 free FAST on interval
300 pull
200 alternate kick/free (fins)
100 IM or non-free