

### FFL Beginner Swim Workouts

*Try these workouts to build up your endurance to swim further distances.*

#### ***Workout 1: 25-Yard Pool Beginner workouts***

##### Warm-up

4 x 25 kick, easy, 20 seconds rest after each 25y

4 x 25 swim, easy, 20 seconds rest

4 x 25 drill, easy with a focus on using good form

##### Main set

4 x 25 swim, moderate, 30 seconds rest

4 x 25 swim, moderate, 15 seconds rest

1-minute rest

2 x 50 swim, moderate, 45 seconds rest

2 x 50 kick, moderate, 20 seconds rest

##### Cool down

50 easy your choice (kick, freestyle, backstroke, breaststroke, etc.)

**Total Distance:** 750 yards

## ***Workout 2: 25-Yard Pool Beginner workouts***

### Warm-up

1 x 50 swim, easy, 30 seconds rest

1 x 50 kick, moderate, 30 seconds rest

1 x 50 drill, easy

### Main set

4 x 50 swim, odds moderate, evens easy, 30 seconds rest

2 x 50 swim, first 25 hard, second 25 easy, 30 seconds rest

6 x 25 swim, moderate, 20 seconds rest

1 x 100 kick, moderate

### Cool down

1 x 50 easy

**Total Distance:** 750 yards

### ***Workout 3: 25-Yard Pool Beginner workouts***

#### Warm-up

1 x 100 pull, easy, 30 seconds rest

4 x 25 kick, moderate, 20 seconds rest

2 x 50 swim, easy focusing on good form, 30 seconds rest

#### Main set

*Repeat set 2 times*

4 x 25, odds hard, evens easy, 20 seconds rest

100 pull, easy

#### Cool down

1 x 50 easy

**Total Distance:** 750 yards

### ***Workout 4: 25-Yard Pool Beginner workouts***

#### Warm-up

2 x 50 pull, easy, 30 seconds rest

2 x 50 kick, moderate, 20 seconds rest

2 x 50 drill, catch-up drill first 25, swim second 25 of each 50, 20 seconds rest

#### Main set

4 x 25 swim, moderate, 15 seconds rest

2 x 50 pull, easy, 15 seconds rest

1 x 100 swim, moderate, 30 seconds rest

2 x 50 pull, easy, 15 seconds rest

4 x 25 kick, hard, 20 seconds rest

#### Cool down

1 x 50 easy

**Total Distance:** 850 yards

## ***Workout 5: 25-Yard Pool Beginner workouts***

### Warm-up

1 x 50 pull, easy, 15 seconds rest

1 x 25 fist swimming drill

1 x 25 swim, easy

1 x 25 finger-tip drag drill

1 x 25 swim, easy

1 x 50 kick

### Main set

4 x 75, hard-easy-hard by 25, 30 seconds rest

1 x 100 pull, moderate

1 x 100 kick, moderate

### Cool down

1 x 50 easy

**Total Distance:** 750 yards

## ***Workout 1: 50-Meter Pool Beginner Workouts***

### Warm-up

2 x 50 kick, easy, 20 seconds rest

2 x 50 swim, easy, 20 seconds rest

2 x 50 drill, easy with a focus on using good form

### Main set

2 x 50 swim, moderate, 30 seconds rest

2 x 50 swim, easy, 15 seconds rest

1-minute rest

2 x 50 swim, build, 45 seconds rest

### Cool down

1 x 100 easy your choice (kick, freestyle, backstroke, breaststroke, etc.)

**Total Distance:** 700 meters

## ***Workout 2: 50-Meter Pool Beginner Workouts***

### Warm-up

1 x 50 swim, easy, 30 seconds rest

1 x 50 kick, moderate, 30 seconds rest

1 x 50 drill, easy

### Main set

5 x 50 swim, odds moderate, evens easy, 30 seconds rest

1 x 100 kick, moderate

2 x 50 swim, first 25 hard, second 25 easy, 30 seconds rest

### Cool down

1 x 100 pull easy

**Total Distance:** 700 Meters

### ***Workout 3: 50-Meter Pool Beginner Workouts***

#### Warm-up

1 x 100 pull, easy, 30 seconds rest

2 x 50 kick, moderate, 20 seconds rest

2 x 50 swim, easy focusing on good form, 30 seconds rest

#### Main set

6 x 50, odds hard, evens easy, 20 seconds rest

1 x 100 pull, moderate

#### Cool down

1 x 100 kick easy

**Total Distance: 800 Meters**



## ***Workout 4: 50-Meter Pool Beginner Workouts***

### Warm-up

2 x 50 pull, easy, 30 seconds rest

2 x 50 kick, moderate, 20 seconds rest

2 x 50 drill, catch-up drill, 20 seconds rest

### Main set

2 x 50 swim, build, 30 seconds rest

2 x 50 pull, easy, 15 seconds rest

1 x 100 swim, moderate, 30 seconds rest

2 x 50 pull, easy, 15 seconds rest

2 x 50 kick, hard, 30 seconds rest

### Cool down

1 x 100 easy

**Total Distance:** 900 meters

## ***Workout 5: 50-Meter Pool Beginner Workouts***

### Warm-up

2 x 50 pull, easy, 15 seconds rest  
1 x 50, catch-up drill , 15 seconds rest  
1 x 50 finger-tip drag drill, 15 seconds rest  
2 x 50 kick, moderate, 20 seconds rest

### Main set

2 x 50, build, 30 seconds rest  
1 x 100 pull, moderate  
2 x 50, build, 30 seconds rest  
1 x 100 kick, moderate

### Cool down

1 x 100 easy

**Total Distance:** 800 meters