

# 6 Week Swimming Training Program

# SAMPLE SWIM WORKOUT



Swim workouts are generally written in "sets" of yards or meters, depending on the pool you are working out in. Workouts are broken into sub-groups, to focus on different aspects of your fitness and swimming.

## 1 WARM UP

100 swim, choice  
100 kick, choice  
100 pull, choice



## 2 DRILL SET

8 x 50 with 15 seconds rest  
odd 50s—freestyle drill of your choice  
even 50s—freestyle swim, focusing on technique from previous drill

## 3 KICK SET

4 x 50 freestyle with 20 seconds rest

## 4 PULL SET

6 x 50 freestyle with 15 seconds rest, keeping a steady pace throughout. Use a pull buoy and paddles.



## 5 MAIN SET

8 x 50 I.M. Order (fly, back, breast, free) on 1:00  
4 x 100 I.M. On 2:00  
2 x 200 I.M. On 4:00

## 6 SPRINT SET

6 x 25 choice on :30

## 7 COOL DOWN

150 easy freestyle



6 week swimming training program is designed to enhance your swimming skills, build endurance, and improve overall fitness. Whether you're a beginner looking to learn the basics, an intermediate swimmer aiming to refine your technique, or an advanced athlete preparing for competition, this program can be tailored to fit your needs. This article will outline a comprehensive six-week training plan, covering essential techniques, workouts, and tips for success.

## Overview of the Program

The 6 week swimming training program is structured into three main phases: foundational skills, endurance building, and speed development. Each phase lasts for two weeks, with workouts scheduled three to five times a week. This structure allows swimmers to gradually build strength, technique, and stamina.

### Week 1-2: Foundational Skills

During the first two weeks, the focus will be on mastering basic techniques and improving stroke efficiency. Swimmers will work on their freestyle, backstroke, breaststroke, and butterfly techniques.

Key Goals:

1. Develop proper breathing techniques.
2. Improve body position and balance in the water.
3. Enhance stroke mechanics for all four strokes.

Weekly Schedule:

- Day 1: Freestyle Technique
  - Warm-up: 200m easy swim
  - Drills: 4 x 50m catch-up drill
  - Main Set: 4 x 100m freestyle, focusing on breathing every three strokes
  - Cool Down: 100m easy swim
- Day 2: Backstroke Technique
  - Warm-up: 200m easy swim
  - Drills: 4 x 50m single-arm backstroke
  - Main Set: 4 x 100m backstroke, focusing on body rotation
  - Cool Down: 100m easy swim
- Day 3: Breaststroke Technique
  - Warm-up: 200m easy swim
  - Drills: 4 x 50m breaststroke kick with a board
  - Main Set: 4 x 100m breaststroke, focusing on timing and glide
  - Cool Down: 100m easy swim
- Day 4: Butterfly Technique
  - Warm-up: 200m easy swim
  - Drills: 4 x 50m body dolphin
  - Main Set: 4 x 100m butterfly, focusing on rhythm and breathing

- Cool Down: 100m easy swim
- Day 5: Mixed Stroke Day
- Warm-up: 300m easy swim
- Main Set: 4 x 50m of each stroke (freestyle, backstroke, breaststroke, butterfly)
- Cool Down: 200m easy swim

## **Week 3-4: Endurance Building**

In the next two weeks, the program shifts towards building endurance. Swimmers will increase their distance and incorporate interval training to improve aerobic capacity.

Key Goals:

1. Increase overall swim distance.
2. Improve aerobic capacity.
3. Develop mental toughness for longer swims.

Weekly Schedule:

- Day 1: Freestyle Endurance
- Warm-up: 300m easy swim
- Main Set: 5 x 200m freestyle, swim at a moderate pace with 30 seconds rest between each
- Cool Down: 200m easy swim
- Day 2: IM (Individual Medley) Day
- Warm-up: 300m easy swim
- Main Set: 4 x 100m IM (25m each stroke), focusing on transitions
- Cool Down: 200m easy swim
- Day 3: Long Distance Day
- Warm-up: 300m easy swim
- Main Set: 1 x 800m freestyle, aiming for a steady pace
- Cool Down: 200m easy swim
- Day 4: Interval Training
- Warm-up: 300m easy swim
- Main Set: 10 x 100m freestyle, swimming the first 50m fast and the second 50m easy, with 20 seconds rest
- Cool Down: 200m easy swim
- Day 5: Mixed Endurance Day
- Warm-up: 400m easy swim
- Main Set: 4 x 200m of each stroke, focusing on maintaining form over distance
- Cool Down: 300m easy swim

## **Week 5-6: Speed Development**

The final two weeks are dedicated to speed work. Swimmers will focus on short intervals and sprints

to enhance their speed and power in the water.

Key Goals:

1. Improve sprinting ability.
2. Enhance overall speed and efficiency.
3. Prepare for competition or personal bests.

Weekly Schedule:

- Day 1: Sprint Freestyle
  - Warm-up: 300m easy swim
  - Main Set: 10 x 50m freestyle sprints with 30 seconds rest
  - Cool Down: 200m easy swim
- Day 2: Speed Intervals
  - Warm-up: 400m easy swim
  - Main Set: 6 x 100m freestyle, aiming for best effort, with 1-minute rest
  - Cool Down: 200m easy swim
- Day 3: Speed Work with Drills
  - Warm-up: 300m easy swim
  - Main Set: 8 x 25m butterfly sprints focusing on power, with 30 seconds rest
  - Cool Down: 200m easy swim
- Day 4: Mixed Speed Day
  - Warm-up: 300m easy swim
  - Main Set: 4 x 50m of each stroke, focusing on maximum speed
  - Cool Down: 200m easy swim
- Day 5: Race Simulation
  - Warm-up: 400m easy swim
  - Main Set: 2 x 400m freestyle at race pace; aim for a consistent split time
  - Cool Down: 300m easy swim

## Tips for Success

To maximize the effectiveness of the 6 week swimming training program, consider the following tips:

- Set Clear Goals: Determine what you want to achieve by the end of the six weeks, whether it's improving technique, increasing distance, or preparing for a competition.
- Stay Hydrated: Drink plenty of water before, during, and after your workouts. Hydration is key for performance and recovery.
- Listen to Your Body: Pay attention to how your body feels during and after workouts. If you experience pain or excessive fatigue, consider adjusting your training intensity or taking a rest day.
- Incorporate Strength Training: Adding strength training sessions 1-2 times a week can help improve swimming performance. Focus on core exercises, as a strong core is crucial for maintaining proper body position in the water.

- **Track Your Progress:** Keep a training log to record your workouts, distances, and times. This will help you stay motivated and identify areas for improvement.
- **Get Feedback:** If possible, work with a coach or experienced swimmer who can provide feedback on your technique and suggest improvements.
- **Enjoy the Process:** Remember that swimming should be enjoyable. Celebrate small victories and stay positive throughout the training process.

## **Conclusion**

The 6 week swimming training program is a comprehensive plan that can help swimmers of all levels improve their skills, build endurance, and develop speed. By following this structured approach, practicing regularly, setting clear goals, and focusing on technique, swimmers can achieve significant progress and enjoy the benefits of this rewarding sport. Remember to listen to your body, stay hydrated, and most importantly, have fun in the pool!

## **Frequently Asked Questions**

### **What are the main goals of a 6 week swimming training program?**

The main goals of a 6 week swimming training program typically include improving technique, increasing endurance, building strength, and enhancing speed in the water.

### **How many days a week should I train in a 6 week swimming program?**

Most 6 week swimming training programs recommend training 4 to 6 days a week, allowing for adequate recovery time and varied workouts.

### **What types of workouts should be included in a 6 week swimming training program?**

A well-rounded program should include a mix of endurance swims, sprint sets, technique drills, strength training, and recovery swims to develop overall swimming skills.

### **Can a 6 week swimming training program help prepare for a competition?**

Yes, a focused 6 week swimming training program can significantly enhance performance and prepare swimmers for competitions by improving their speed, technique, and race strategies.

## What should I do if I'm a beginner starting a 6 week swimming program?

Beginners should start with shorter distances, focus on mastering basic strokes and breathing techniques, and gradually increase intensity and duration as they build confidence and endurance.

## How can I track my progress during a 6 week swimming training program?

You can track your progress by keeping a training log, recording swim times, distances, and techniques, and periodically testing your performance in specific drills or timed swims.

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