



Intermediate Swim Plan

Warm-up (5 minutes)

1. Easy Swim (3 minutes):

- Swim at a comfortable pace using freestyle and backstroke. Focus on relaxed, smooth strokes, and work on your breathing.
- Alternate every 50 meters between freestyle and backstroke to loosen up.

2. Dynamic Stretching in the Water (2 minutes):

- While swimming slowly, include some gentle arm circles, sculling, and light kicking to increase blood flow and flexibility.

Main Set (20 minutes)

1. Freestyle Intervals (6 minutes)

- **Set:** Swim 4 x 50 meters freestyle with 20 seconds rest after each 50 meters.
- **Goal:** Focus on maintaining good form and consistent breathing, aiming to swim each 50 meters at a moderately fast pace (not maximal effort). Your pace should be challenging but sustainable.

2. Pull Buoy Freestyle (5 minutes)

- **Set:** Place the pull buoy between your legs and swim 4 x 50 meters freestyle with 15-20 seconds rest in between each 50 meters.
- **Goal:** Focus on improving your arm stroke technique while maintaining a streamlined body position. With the pull buoy, you'll feel the increased reliance on your arms to move you through the water, so work on lengthening each stroke.

3. Kickboard Kick Set (4 minutes)

- **Set:** Swim 4 x 50 meters using the kickboard (flutter kick) with 15-20 seconds rest after each 50 meters.
- **Goal:** Focus on keeping your body in a horizontal position and performing a consistent flutter kick. You should feel your core and legs working, but try to avoid splashing too much.

4. Mixed Stroke Set (5 minutes)

- **Set:** Swim 25 meters freestyle, 25 meters backstroke, and 25 meters breaststroke (total of 75 meters). Rest for 30 seconds, and repeat for 2 rounds (total of 150 meters).
- **Goal:** Alternate strokes to improve technique and endurance. Keep your form clean and focused on each stroke's mechanics, whether it's the long pull in freestyle, the gentle flutter kick in backstroke, or the dolphin-like motion in breaststroke.

Cool-down (5 minutes)

1. Gentle Swim (3 minutes):

- Swim slowly using any stroke of your choice, ideally alternating between freestyle and backstroke. Focus on a relaxed, steady rhythm to help your muscles recover.

2. Stretching (2 minutes):

- After finishing your swim, get out of the pool (if possible) and perform some light stretching for your arms, shoulders, back, and legs.

Additional Tips:

- **Interval Focus:** During your freestyle and kickboard intervals, focus on keeping a consistent pace. You can increase the intensity as you become more comfortable, but the goal should be maintaining good technique throughout the set.
- **Form & Technique:** With the pull buoy and kickboard, focus on technique rather than speed. Avoid any quick, jerky movements—each stroke or kick should be smooth and controlled.
- **Breathing:** For freestyle, practice bilateral breathing (breathing every 3 strokes) to help balance your stroke.

This intermediate plan should help you build endurance, improve stroke technique, and make your swimming workouts more varied and challenging!