



## Beginners Swim Plan

### Warm-up (5 minutes)

- **Easy Swim (3-4 minutes):** Start with a gentle swim, focusing on smooth, relaxed strokes. Alternate between freestyle and backstroke.
- **Dynamic Stretching (1-2 minutes):** Perform some gentle stretching or arm circles while in the water to loosen up. This can be done while standing in the shallow end or swimming at a very slow pace.

### Main Set (20 minutes)

#### 1. Freestyle with Kickboard (5 minutes)

- Use the kickboard to help isolate your legs. Keep your arms extended in front, holding the kickboard, and focus on kicking with good form.
- Swim 25 meters, rest for 30 seconds, and repeat for a total of 5 sets.
- **Goal:** Focus on a consistent flutter kick, keeping your body streamlined.

#### 2. Pull Buoy Freestyle (5 minutes)

- Place the pull buoy between your legs to help float and isolate your arms. Swim freestyle using just your arms, keeping your legs still.
- Swim 25 meters, rest for 30 seconds, and repeat for 5 sets.
- **Goal:** Focus on arm technique and breathing. Keep your core engaged and your stroke long and smooth.

#### 3. Backstroke (5 minutes)

- Swim backstroke for 25 meters, focusing on steady, controlled movements with a smooth flutter kick.
- Rest for 30 seconds, and repeat for 5 sets.
- **Goal:** Keep your body flat in the water and make sure your arms are fully extended on each stroke.

#### 4. Mixed Swim (5 minutes)

- Alternate between freestyle, backstroke, and breaststroke for 25 meters each, swimming 75 meters in total.
- Rest for 30 seconds after each 25 meters and repeat this cycle until the 5 minutes are up.
- **Goal:** Focus on maintaining a steady rhythm as you switch strokes.

## Cool-down (5 minutes)

- **Gentle Swim (3 minutes):** Swim at a slow pace using any stroke you like. Focus on relaxation and breathing.
- **Stretching (2 minutes):** Finish with some light stretching in the pool to help loosen any tension in your muscles.

## Tips for Success:

- **Breathing:** If you're doing freestyle, remember to breathe every 3-5 strokes to maintain a relaxed rhythm.
- **Body Position:** Try to keep your body as horizontal as possible in the water to reduce drag.
- **Hydration:** Stay hydrated before and after your session.

This plan is designed to be a gentle introduction to swimming while helping you improve technique and endurance over time.