



Intermediate Swim Plan (no pull buoy)

Warm-up (5 minutes)

1. Easy Swim (3 minutes):

- Swim at a comfortable pace using freestyle (front crawl) and backstroke, alternating every 50 meters.
- Focus on relaxed strokes, controlled breathing, and getting your body moving smoothly through the water.

2. Dynamic Stretching (2 minutes):

- While swimming slowly, include some gentle arm circles (forward and backward) and light flutter kicks to warm up your body.
- Alternatively, if in the shallow end, you can do some gentle sculling with your hands to engage your arms and shoulders.

Main Set (20 minutes)

1. Freestyle Intervals (6 minutes)

- **Set:** Swim 6 x 50 meters freestyle with 20-30 seconds rest in between each 50 meters.
- **Goal:** Swim at a moderate-to-fast pace. Focus on maintaining long, smooth strokes, consistent breathing, and good body position. As you become comfortable, try to increase your pace on the last 2-3 intervals.

2. Kickboard Kick Set (5 minutes)

- **Set:** Swim 4 x 50 meters flutter kick with a kickboard, resting 20-30 seconds between each 50 meters.
- **Goal:** Focus on using your core to drive the kick, keeping your body horizontal in the water. Maintain a steady and consistent rhythm throughout each set. If you feel like it's too easy, try speeding up your kick.

3. Backstroke (4 minutes)

- **Set:** Swim 4 x 50 meters backstroke, resting 20-30 seconds in between each 50 meters.
- **Goal:** Focus on maintaining good form and a steady pace. Try to keep your body as flat as possible in the water, and ensure your arm recovery is smooth and consistent. Keep your flutter kick steady and relaxed.

4. Breaststroke (5 minutes)

- **Set:** Swim 5 x 50 meters breaststroke with 20-30 seconds rest between each 50 meters.
- **Goal:** Work on the timing and coordination of your stroke. Focus on the glide phase after the pull, ensuring a smooth, controlled stroke with minimal splashing. Avoid rushing through the stroke, as smoothness will improve your efficiency.

Cool-down (5 minutes)

1. Gentle Swim (3 minutes):

- Swim slowly, alternating between freestyle and backstroke. Focus on relaxing and allowing your body to cool down after the main set.
- Keep the pace light and your movements relaxed.

2. Stretching (2 minutes):

- Once out of the pool, perform gentle stretches focusing on the shoulders, arms, and legs. This will help reduce muscle tightness and improve flexibility.

Additional Tips:

- **Breathing Technique:** For freestyle, focus on maintaining a consistent breathing pattern, breathing every 3-5 strokes. For backstroke and breaststroke, try to time your breathing so you can take full breaths without losing form.
- **Body Position:** During all strokes, ensure your body stays as horizontal as possible to minimize drag. For backstroke, be mindful of your head position—don't tilt your head too far back, as it can strain your neck.
- **Pacing:** For the intervals, focus on swimming at a pace that's challenging but sustainable. Try to swim consistently faster on the last 1-2 intervals of each set.
- **Kick Form:** In the kickboard set and backstroke, focus on using your core to help power the kick, rather than just relying on your legs. Keep your movements controlled and avoid splashing.

This intermediate plan will help build endurance, improve your swimming technique, and provide a good mix of aerobic and strength-based work. Enjoy your swim!