



## Advance Swim Plan

### Warm-up (5 minutes)

#### 1. Easy Swim (3 minutes):

- Swim freestyle at a relaxed pace for 100 meters, followed by 100 meters backstroke. Alternate between the two strokes to loosen up.
- Focus on good body position and smooth breathing.

#### 2. Drills (2 minutes):

- **Catch-Up Drill (Freestyle):** Swim freestyle, but keep one arm extended in front while the other arm is recovering. Only complete the stroke when your extended arm "catches up." This drill helps improve stroke length and body rotation.
- Do this for 2 x 25 meters with a 10-second rest between each.

### Main Set (20 minutes)

#### 1. Freestyle Intervals with Increased Intensity (6 minutes)

- **Set:** Swim 6 x 50 meters freestyle at 80-90% effort, resting for 20 seconds between each.
- **Goal:** Push your pace on each 50 meters, focusing on long, smooth strokes and consistent breathing. Aim to swim each 50 meters faster than your normal pace, while still maintaining form.

#### 2. Pull Buoy Freestyle (4 minutes)

- **Set:** Swim 4 x 50 meters freestyle using a pull buoy, resting for 15-20 seconds between each.
- **Goal:** Isolate the upper body and focus on pulling with strength. Engage your core and avoid sinking your legs. Try to keep your stroke long and powerful, maintaining an efficient body position.

#### 3. Kickboard Kick Set (4 minutes)

- **Set:** Swim 4 x 50 meters flutter kick with a kickboard, with 15 seconds rest between each 50 meters.

- **Goal:** Focus on a fast, consistent kick, with minimal splashing. Keep your body as horizontal as possible, using your core to drive your legs rather than just your feet.

#### 4. IM (Individual Medley) Set (6 minutes)

- **Set:** Swim 2 x 100 meters IM (Individual Medley), resting for 30 seconds after each 100 meters.
  - IM is performed as:
    - 25m Butterfly
    - 25m Backstroke
    - 25m Breaststroke
    - 25m Freestyle
- **Goal:** Focus on smooth transitions between strokes, maintaining form through each leg of the IM. This set is great for improving your overall swimming ability and challenging your stamina.

#### Cool-down (5 minutes)

##### 1. Easy Swim (3 minutes):

- Swim at a very easy pace, alternating between freestyle and backstroke. Keep it relaxed, allowing your body to gradually slow down and recover from the intensity.

##### 2. Stretching (2 minutes):

- Once out of the pool, stretch your arms, shoulders, back, and legs to aid in recovery. Focus on areas that may feel tight from the high-intensity sets.

---

#### Additional Tips:

- **Pacing:** On the freestyle intervals, aim for a pace that is challenging but sustainable. The goal is to push yourself, but still maintain excellent form throughout.
- **Drill Focus:** The catch-up drill helps with improving stroke length and balance in the water. When doing the pull buoy and kickboard drills, focus on keeping your body aligned and not letting your legs or arms drag.
- **Breathing:** For the IM, ensure that your breathing is controlled in each stroke. For butterfly and breaststroke, it's essential to time your breath correctly to avoid fatigue.
- **Speed & Power:** The intervals should be tough, but don't sacrifice technique for speed. Quality is key, especially in the advanced stages of your workout.

This advanced swim plan will help you develop strength, endurance, and technique, and it's designed to provide a challenging but manageable workout in 30 minutes.