

Swimming training program for beginners PDF

Session 1

Warm-up

Exercise Type	Details
Warm-up	4×50 m flutter kick only – 15 minutes
Warm-up	Neck warm-up

Warm-up Set

Exercise Type	Details
WU Set	200 m freestyle with increasing speed, finish with a sprint
WU Set	4×50 m flutter kick in both directions (every 25m switch direction)
WU Set	Single arm backstroke: right arm going, left arm returning
WU Set	Butterfly body wave with breaststroke arms

Main Set

Exercise Type	Details
Main Set	200 m freestyle – slow and easy pace

Session 2

Warm-up

Exercise Type	Details
Warm-up	4×50 m flutter kick only

Warm-up Set

Exercise Type	Details
WU Set	100 m freestyle
WU Set	200 m freestyle
WU Set	50 m deep breathing every 5 m

Drills

Exercise Type	Details
Drill	Butterfly body wave with breaststroke arms
Drill	Double arms + single right arm + single left arm
Drill	Full butterfly
Drill	Backstroke arms while floating on back – switch kicks every 6
Drill	Breaststroke arms only with legs together
Drill	Butterfly wave to breaststroke

Drill	Butterfly wave with right blade
Drill	Wave to back
Drill	Wave to left blade

Main Set

Exercise Type	Details
Main Set	100 m backstroke (beginner)
Main Set	100 m freestyle

Session 3

Warm-up

Exercise Type	Details
Warm-up	4×100 m flutter kick

Warm-up Set

Exercise Type	Details
WU Set	100 m freestyle
WU Set	200 m freestyle
WU Set	50 m deep breathing every 5 m

Drills

Exercise Type	Details
Drill	Breaststroke kick
Drill	Full breaststroke – fast
Drill	Breaststroke drill: back swimmer kicks, front swimmer uses arms
Drill	Fast breaststroke
Drill	Slow breaststroke
Drill	Fast breaststroke
Drill	Butterfly wave with backstroke arms

Main Set

Exercise Type	Details
Main Set	100 m freestyle
Main Set	50 m breaststroke
Main Set	100 m backstroke (beginner)