

# GET SPEEDO FIT

YOU HAVE THE WILL. WE HAVE THE WAY.

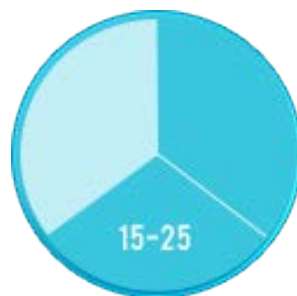
## STARTER 25M POOL PROGRAM LEVEL 1

For those who have the will to 'Get Speedo Fit', this easy-to-follow workout plan is a great way to make the most of your time in the water and reach your fitness goal. The goal at the end of this program is to **swim 600m**.

This is the Get Speedo Fit Swimming Program **Starter Level**. If you're a beginner or haven't been swimming for a long time, this is the category for you! If you're committed to getting back into the pool after a long hiatus or want to add a swim into your weekly exercise program, this is the perfect start to ease you back into the water and build your confidence.

As well as helping to improve stamina and muscle tone, swimming is also a great cardiovascular activity and the best choice for an all-over body workout, and vastly improved fitness, whilst virtually eliminating impact on joints and muscles.

### SESSION LENGTH



Allow for **15-25** minutes for each session, depending on how fast you choose to swim. Remember it's not about speed, it's about technique.

### STROKE



The program only references freestyle (and gives backstroke as an option for some warm ups), however feel free to mix up strokes, especially in the warm up and warm down to keep up the variety.

### PROGRAM LENGTH



This program will help your swimming technique and physical conditioning with several different types of 'Main Set' options to ensure a varied and complete workout. This is the first level of the program, so if you find this a little too easy, you may wish to check out our other levels. If you can swim around 20 lengths but need some extra help, check out the **'Improver'** level. If you can swim long distances easily but want to get faster and improve your technique, you may wish to try the **'Performer'** level.

# WEEK 1: SESSION 1 DISTANCE TO SWIM: 300M

The focus for this session is about getting wet (first and foremost) and thinking about your freestyle technique.

Before you start to swim, it's important to focus on 2 key points.

**Switching your core on** you want to hold good body positioning through the water and the best place to start is by switching on your core.

**Head positioning** make sure your head is still driving forward with the crown of your head. Try not to flick your head all over the place when you swim or the rest of your body will wiggle up the pool as well!

## WARMUP

4 x 25M  
SLOW LAPS



### HINTS & TIPS

Go as slow and steady as you need to.

AFTER SET REST : UP TO 2 MINUTES

## MAINSET

2 x 25M  
LAPS



WITH FINS

### HINTS & TIPS

**Fins** will allow you move through the water easier. Try and focus on switching your core on for better positioning and technique.

AFTER SET REST : 1 MINUTE

2 x 25M  
LAPS



WITH PULL BUOY

### HINTS & TIPS

The **Pull Buoy** will ensure you focus on your upper body stroke. Lead with your fingertips, then hands over the elbow when you pull through the water. Try not to drop your elbow.

AFTER SET REST : 1 MINUTE

2 x 25M  
LAPS



WITH KICKBOARD

### HINTS & TIPS

The **Kickboard** will allow you to focus on your kick. Remember to hold the board from the top and not the sides. As mentioned above, keep you core switched on for strength and try to flick your feet when you kick for better propulsion.

AFTER SET REST : 1 MINUTE

## SWIMDOWN

2 x 25M  
SLOW LAPS



**GEOFF SAYS**

Don't worry if you're unable to complete the session on your first attempt. Give it a go the next session and once complete, move on.

TOTAL DISTANCE SWUM : 300M

# WEEK 1: SESSION 2 DISTANCE TO SWIM: 400M

Welcome back to session 2. Remember, if you're committed to the end result, work through each session day by day, week by week because the reward at the end is well worth it.

## WARMUP

4 x 25M  
SLOW LAPS



### HINTS & TIPS

Swimming harder doesn't always mean you'll swim faster! Stay controlled and efficient.

AFTER SET REST : 2 MINUTES

## MAINSET

4 x 25M  
LAPS



### HINTS & TIPS

The Centre Snorkel allows you to keep your head still during normal swimming, leaving you to concentrate on stroke technique and not breathing.

AFTER SET REST : 1 MINUTE

4 x 25M  
LAPS



### HINTS & TIPS

Make sure you're not sliding through the stroke - keep the elbows high. Your stroke should lead with your fingertips, over your hands, then elbows, pulling through the water. Don't drop the elbow and slide hands back through the water.

AFTER SET REST : 1 MINUTE

## SWIMDOWN

4 x 25M  
LAPS



### GEOFF SAYS

The key to this session is remembering your technique. The longer you swim for, the more you will want to fall back into old bad habits.

TOTAL DISTANCE SWUM : 400M

## WEEK 2: SESSION 1 DISTANCE TO SWIM: 400M

Stepping into week 2 you should be feeling motivated and excited to move forward into some more laps to build on distance. You may not be feeling 100% comfortable with technique yet, however your confidence and stroke will be much improved.

It's important that you keep focusing on core and head position for efficiency.

### WARMUP

4 x 25M  
SLOW LAPS



#### HINTS & TIPS

Get your blood pumping by gently swinging your arm at poolside in readiness for your strokes in the pool.

AFTER SET REST: 1 MINUTE

### MAINSET

4 x 25M  
LAPS



WITH FINNS

#### HINTS & TIPS

Always remember to kick and ensure it's constant.

Try a 4 or 6 beat kick – this means 1 stroke to every 2 kicks or 1 stroke to every 3 kicks.

AFTER SET REST: 1 MINUTE

4 x 25M  
LAPS



WITH KICKBOARD

#### HINTS & TIPS

Adding training aids to improve your swim when fatigued helps promote great technique being carried over into your next session.

AFTER SET REST: 1 MINUTE

### SWIMDOWN

4 x 25M  
SLOW LAPS



#### GEOFF SAYS

After a period of hard work the body produces by-products that leave you fatigued and sore. A warm down will aid recovery from a tough training session by clearing these by-products from your blood stream.

TOTAL DISTANCE SWUM: 400M

# WEEK 2: SESSION 2 DISTANCE TO SWIM: 500M

## WARMUP

8 x 25M  
SLOW LAPS



WITH FINS

AFTER SET REST : 2 MINUTES

### HINTS & TIPS

If you feel your stroke needs a little fine tuning, look into booking yourself into a 1 on 1 lesson at your pool for assistance which ensures bad habits are eliminated.

## MAINSET

4 x 25M  
LAPS



WITH PULL BUOY

AFTER SET REST : 1 MINUTE

### HINTS & TIPS

Focus on swimming more efficiently, thinking about a smooth and efficient stroke.

4 x 25M  
LAPS



WITH KICKBOARD & CENTRE SNORKEL

AFTER SET REST : 1 MINUTE

### HINTS & TIPS

Adding a Centre Snorkel allows you to watch how your hands and arms move underwater.

## SWIMDOWN

4 x 25M  
SLOW LAPS



WITH FINS

TOTAL DISTANCE SWUM : 500M



### GEOFF SAYS

**Congratulations!** You are 1 week away from achieving your swim fitness goal.

# WEEK 3: SESSION 1 *DISTANCE TO SWIM: 500M*

I hope you've had a relaxing weekend as we're stepping it up for week 3.

## WARMUP

**4 x 25M**  
SLOW LAPS



### HINTS & TIPS

Think about how you are fueling your body before and after a swim. Head to Eamon's Healthy Eating and Living Section for some suggestions.

AFTER SET REST : 2 MINUTES

## MAINSET

**4 x 25M**  
LAPS



### HINTS & TIPS

Focus on breathing every 3 strokes, however if you feel this is challenging, breath every 2 or 4.

AFTER SET REST : 45 SECONDS

**4 x 25M**  
LAPS



### HINTS & TIPS

It should be your personal preference if you breathe on one side or both – there is no right or wrong!

AFTER SET REST : 45 SECONDS

**4 x 25M**  
RIGHT ARM THEN  
LEFT ARM  
LAPS



### HINTS & TIPS

25m - right arm only, left hand remaining out front  
25m - left arm only, right hand remaining out front  
Then repeat

AFTER SET REST : 1 MINUTE

## SWIMDOWN

**4 x 25M**  
SLOW LAPS



### GEOFF SAYS

Feel free to mix up your swim down stroke to backstroke or breaststroke (or butterfly if you are really keen!)

TOTAL DISTANCE SWUM : 500M

# WEEK 3: SESSION 2 DISTANCE TO SWIM: 600M

## WARMUP

4 x 25M  
SLOW LAPS



### HINTS & TIPS

You have the fitness so try stepping up the pace for your last warm up.

AFTER SET REST : 1 MINUTE & 30 SECONDS

## MAINSET

4 x 25M



### HINTS & TIPS

Don't forget to keep focusing on your technique – kicking consistently, elbows high and core strong.

AFTER SET REST : 45 SECONDS

8 x 25M



WITH PULL BUOY

### HINTS & TIPS

Using the pull buoy allows you to really focus on your arm technique and build strength.

AFTER SET REST : 45 SECONDS

## SWIMDOWN

4 x 25M  
SLOW LAPS



### GEOFF SAYS

**Congratulations!** You have reached your goal and you are Speedo Fit.

TOTAL DISTANCE SWUM : 600M

### CONGRATULATIONS!!!

You've just reached your goal of swimming 600m and are Speedo Fit.

There are two more Speedo Fit programs of 'Improver' and 'Performer' if you are feeling up to the challenge.

The main thing is to keep swimming and enjoying it.