**FFL Swimming Workouts Tutorial**

At CSU, we have the unique opportunity to swim in both a 25-yard pool, as well as a 50-meter pool depending on the time of year. Below you’ll find several workouts for both sizes of pool. Each of these workouts is designed to take you ~30-45 minutes to complete.

***How to read a swim workout:***

**Repetitions and Distance:** How far to swim and how many times you’ll repeat this distance

Example: 4 x 25 means that you’ll swim 25 yards 4 times

**Intensity:** How hard the swim should feel

*Easy:* Comfortable, relaxed pace

*Moderate:* Pushing a bit harder, but you can sustain this pace

*Hard:* Hard effort. You can only sustain this effort for a short distance

**Rest:** The amount of time in between repetitions or sets

Example: 4 x 25 swim, hard, 30 seconds rest

This means you’ll swim 25 yards hard, and rest 30 seconds before you start your next 25-yard swim.

**Other terminology:**

*Swim* – Regular freestyle/front crawl swim

*Kick* – Kicking with a kickboard

*Pull* – Use a pull buoy (if you don’t have a pull buoy, you can just do regular swimming)

*Stroke* – swimming backstroke, breaststroke, or butterfly (your choice unless otherwise noted)

*Build* – start easy and increase intensity to hard

*Drill* – Performing swimming drills to improve your swimming stroke and efficiency. You can find a variety of drills at this website: <https://www.youtube.com/playlist?list=PLZADLNj7rvLMyHz7RgC33GbSDzhVdkyRp>

**Tips:**

* You can always modify the workouts. You can add or subtract repetitions or distance, or change the rest intervals as necessary.
* Be patient with yourself. Swimming can take a while for your body to get used to, so don’t give up.
* Consistency is key. Swimming 2-3 non-consecutive days per week will help the beginner swimmer get the most out of their workouts.
* Stretch after your swim workout. This can help prevent potential overuse injuries. Here is a website outlining a stretching routine for swimming: <https://swim-west.com/10-stretching-exercises-for-swimmers/>
* Don’t try to swim through an injury. Particularly an upper-body injury. Sore muscles are common, but if the soreness lasts more than a few days, or is focused in a joint, take some time off.