

Swimming Workouts

8 weeks to a half-mile or full mile

The goal of this program is to build your strength and endurance in the pool with the ultimate goal of swimming either a half-mile or a full mile without stopping. If you are swimming in a 25-yard pool a half-mile = 825 yards (33 lengths) and one mile = 1650 yards (66 lengths). In a 50-meter pool a half-mile = 750 meters (15 lengths) and one mile = 1500 meters (30 lengths). Proper technique is essential to reap the full benefits of the program. If you are new to swimming make sure you check out the Freestyle Swimming Technique handout before beginning the program. Each week you will complete three workouts, gradually increasing the distance of the workouts over the eight weeks. The final workout will consist of either a half-mile or a one mile non-stop swim.

Half-Mile Workouts

Week 1 - 250 yd/m

1 x 100 yd/m
2 x 50 yd/m
2 x 25 yd/m

Week 2 - 300 yd/m

1 x 100 yd/m
2 x 50 yd/m
4 x 25 yd/m

Week 3 - 350 yd/m

1 x 150 yd/m
2 x 50 yd/m
4 x 25 yd/m

Week 4 - 450 yd/m

1 x 250 yd/m
2 x 50 yd/m
4 x 25 yd/m

Week 5 - 550 yd/m

1 x 350 yd/m
2 x 50 yd/m
4 x 25 yd/m

Week 6 - 600 yd/m

1 x 400 yd/m
2 x 50 yd/m
4 x 25 yd/m

Week 7 - 700 yd/m

1 x 500 yd/m
2 x 50 yd/m
4 x 25 yd/m

Week 8 (Days 1 & 2) - 800 yd/m

1 x 600 yd/m
2 x 50 yd/m
4 x 25 yards/meters

Week 8 (Day 3) - ½ MILE

1 x 825 yd/750 m

Full Mile Workouts

Week 1 - 600 yd/m

1 x 300 yd/m
1 x 200 yd/m
2 x 100 yd/m

Week 2 - 800 yd/m

1 x 300 yd/m
2 x 200 yd/m
2 x 100 yd/m

Week 3 - 1000 yd/m

1 x 400 yd/m
2 x 200 yd/m
2 x 100 yd/m

Week 4 - 1200 yd/m

1 x 600 yd/m
2 x 200 yd/m
2 x 100 yd/m

Week 5 - 1400 yd/m

1 x 800 yd/m
2 x 200 yd/m
2 x 100 yd/m

Week 6 - 1600 yd/m

1 x 1000 yd/m
2 x 200 yd/m
2 x 100 yd/m

Week 7 - 1800 yd/m

1 x 1200 yd/m
2 x 200 yd/m
2 x 100 yd/m

Week 8 (Days 1 & 2) - 2000 yd/m

1 x 1400 yd/m
2 x 200 yd/m
2 x 100 yd/m

Week 8 (Day 3) - 1 MILE!!

1 x 1650 yds/1500m