

# SWIMFIT 1KM

Your 12 week guide to swim 1km Freestyle



# SWIM 1KM

## TAKE THE PLUNGE

If you're a competent swimmer and want to get back in the water, or are wanting to push yourself in the pool, this is the programme for you. Get in the pool and add a swim into your weekly exercise programme. As well as helping to improve your stamina and muscle tone, swimming is a great cardiovascular workout. It is the best method for an all-over body workout, whilst virtually eliminating impact on joints and muscles.

This 12 week easy-to-follow programme is the perfect way to push yourself in the pool. It's designed for you to get moving in the water, improve your swimming fitness and by the end, get you swimming 1km.

In the first few weeks it's more important to be working on your technique, rather than trying to complete the laps as fast as you can. Focus on completing the tips to the best of your abilities.

The aim of the rest is to take some deep breaths and be ready for the next lap. 30 seconds to 1 minute is an ideal amount of time to rest. We suggest adapting this to best suit your ability. If you need to take longer rest breaks then do so, the most important thing is that you have the chance to catch your breath.

This programme guide is designed to be completed on a weekly basis, however you can complete the week's session once or as many times as you like, before moving on to the next. The important thing is to adapt this resource to your abilities whilst still pushing yourself.

When you are asked to do multiple laps in a row, you want to try and turn around and go again as quickly as possible. Once you reach the wall, stand up, turn around, take a breath, push off and keep going. You'll thank us for it!

Where we ask you to complete laps a certain number of times, ie. 50m (2laps) x4, you complete 50m, have 15 seconds rest and then go again, repeating a total of 4 times.

Please note: To maintain our high standards of cleanliness, swim caps are compulsory. We have different caps available including some specifically for long hair. It's important to have a cap that fits firm but not too tight, you don't want it coming off while you are swimming.

## DEAN'S TIP

"Make sure you have goggles that fit correctly. There is nothing worse than getting half way down the lap and having your goggles fill up with water. You want your goggles to be firm on your eyes, but not too tight. The straps of your goggles should sit in the centre back of your head, in line with your eyes."



# WEEK 1

## WE ARE SWIMMING 800 METRES (32 LAPS)

2 laps  
KICK | x4

REST

2 laps  
BREATHING DRILL | x4

REST

2 laps  
SWIM | x4

REST

4 laps  
SWIM | x2

This week we are focusing on the basics of breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time).

### BREATHING

Breathing is the most important part of swimming. Master your breathing and everything else will be so much easier. This week focus on blowing bubbles while your face is in the water. Blowing out slowly and easily means that when you roll your head to the side to breathe in, it's quicker and easier. You do not want to hold your breath. The most important thing is that you get your breath.



## BASIC BREATHING DRILLS

The following basic drills can be used to get familiar with a rhythmic breathing technique in the water. Go through the steps below while standing in the water to get a feeling of how your breathing should feel. Do this before you start kicking.

**Drill #1:** In shallow water, hold your breath, then crouch down so your head is under water. Stay in that position for a few seconds, then rise up.

**Drill #2:** Same as drill #1, but exhale under water through the nose so you blow bubbles.

**Drill #3:** Same as drill #2, except that you now blow bubbles out of both your nose and your mouth.

**Drill #4:** In shallow water, crouch down until the water surface rests between your nose and your mouth. Now practise inhaling above water through your nose and exhaling under water through your mouth.

**Drill #5:** In shallow water, submerge your face and blow bubbles through your mouth, nose, or both.

**Drill #6:** Bob up and down with your body in shallow water. Inhale while your head is above water and exhale while your head is under water.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 2

## WE ARE SWIMMING 800 METRES (32 LAPS)

2 laps  
KICK | x4

REST

2 laps  
BREATHING DRILL | x4

REST

2 laps  
SWIM | x4

REST

4 laps  
SWIM | x2

This week we are focusing on the basics of breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time).

### BREATHING

Breathing is the most important part of swimming. Master your breathing and everything else will be so much easier. This week focus on blowing bubbles while your face is in the water. Blowing out slowly and easily means that when you roll your head to the side to breathe in, it's quicker and easier. You do not want to hold your breath. The most important thing is that you get your breath.



## BASIC BREATHING DRILLS

The following basic drills can be used to get familiar with a rhythmic breathing technique in the water. Go through the steps below while standing in the water to get a feeling of how your breathing should feel. Do this before you start kicking.

**Drill #1:** In shallow water, hold your breath, then crouch down so your head is under water. Stay in that position for a few seconds, then rise up.

**Drill #2:** Same as drill #1, but exhale under water through the nose so you blow bubbles.

**Drill #3:** Same as drill #2, except that you now blow bubbles out of both your nose and your mouth.

**Drill #4:** In shallow water, crouch down until the water surface rests between your nose and your mouth. Now practise inhaling above water through your nose and exhaling under water through your mouth.

**Drill #5:** In shallow water, submerge your face and blow bubbles through your mouth, nose, or both.

**Drill #6:** Bob up and down with your body in shallow water. Inhale while your head is above water and exhale while your head is under water.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 3

## WE ARE SWIMMING 1000 METRES (40 LAPS)

2 laps  
KICK | x4

REST

2 laps  
BREATHING DRILL | x4

REST

4 laps  
SWIM | x4

REST

8 laps  
SWIM

This week we are focusing on the basics of breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time).

### BREATHING

Breathing is the most important part of swimming. Master your breathing and everything else will be so much easier. This week focus on blowing bubbles while your face is in the water. Blowing out slowly and easily means that when you roll your head to the side to breathe in, it's quicker and easier. You do not want to hold your breath. The most important thing is that you get your breath.



### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



## BASIC BREATHING DRILLS

The following basic drills can be used to get familiar with a rhythmic breathing technique in the water. Go through the steps below while standing in the water to get a feeling of how your breathing should feel. Do this before you start kicking.

**Drill #1:** In shallow water, hold your breath, then crouch down so your head is under water. Stay in that position for a few seconds, then rise up.

**Drill #2:** Same as drill #1, but exhale under water through the nose so you blow bubbles.

**Drill #3:** Same as drill #2, except that you now blow bubbles out of both your nose and your mouth.

**Drill #4:** In shallow water, crouch down until the water surface rests between your nose and your mouth. Now practise inhaling above water through your nose and exhaling under water through your mouth.

**Drill #5:** In shallow water, submerge your face and blow bubbles through your mouth, nose, or both.

**Drill #6:** Bob up and down with your body in shallow water. Inhale while your head is above water and exhale while your head is under water.

# WEEK 4

## WE ARE SWIMMING 1000 METRES (40 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**4 laps  
SWIM** | x4

REST

**8 laps  
SWIM**

This week we are focusing on the basics of breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time).

### BREATHING

When you roll to the side to take your breath, you should have the side of your head, the corner of your goggle and your cheek in the water. By having your head in this position it makes you more buoyant and it's easier to breathe in. If you lift your head up out of the water, it causes your feet to sink. You then have to kick harder to keep your body afloat to take a breath. This makes you tire faster.



### HEAD POSITIONING WHEN BREATHING

The problem with lifting your head to breathe is that your body acts like a see-saw and your legs sink. This adds lots of extra drag.

There is a trough or pocket of air by your head, so you don't have to lift your head up to breathe. To breathe into the trough you just have to rotate your head a little without lifting it. If you try and lift your head you disturb the bow wave, reducing the trough. When lifting your head you tend to breathe too far forwards and you want to avoid this.

If you are struggling to find the pocket, a good drill to practise is to swim with fins (flippers) in a superman position - one arm out in front of you and the other resting by your hip. Kick gently on the side of your lead arm and look down at the bottom of the pool. When you are ready to breathe, simply rotate your head slightly to find the pocket and breathe. Don't hurry this, kicking with the fins will keep you moving forward so you can feel the pocket with your mouth.



### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 5

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**4 laps  
SWIM** | x8

REST

**8 laps  
SWIM** | x2

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). Focus on the position of the head when you roll to the side to take a breath. Have the side of your head, the corner of your goggle and your cheek in the water.

### BREATHING

When you roll to the side to take your breath, you should have the side of your head, the corner of your goggle and your cheek in the water. By having your head in this position it makes you more buoyant and it's easier to breathe in. If you lift your head up out of the water, it causes your feet to sink. You then have to kick harder to keep your body afloat to take a breath. This makes you tire faster.

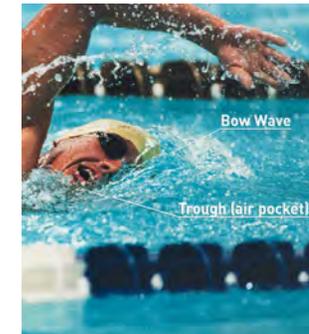


### HEAD POSITIONING WHEN BREATHING

The problem with lifting your head to breathe is that your body acts like a see-saw and your legs sink. This adds lots of extra drag.

There is a trough or pocket of air by your head, so you don't have to lift your head up to breathe. To breathe into the trough you just have to rotate your head a little without lifting it. If you try and lift your head you disturb the bow wave, reducing the trough. When lifting your head you tend to breathe too far forwards and you want to avoid this.

If you are struggling to find the pocket, a good drill to practise is to swim with fins (flippers) in a superman position - one arm out in front of you and the other resting by your hip. Kick gently on the side of your lead arm and look down at the bottom of the pool. When you are ready to breathe, simply rotate your head slightly to find the pocket and breathe. Don't hurry this, kicking with the fins will keep you moving forward so you can feel the pocket with your mouth.



### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 6

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**4 laps  
SWIM** | x8

REST

**8 laps  
SWIM** | x2

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). This week we are focusing on taking your breath at the start of your third arm stroke. Count your arm strokes to ensure that you are breathing to both sides. This is a good habit to get in.

### BREATHING

This week focus on breathing at the start of your third arm stroke. Breathing at the start of the stroke gives you the most time to get your breath in. You should be breathing to both sides. In doing so your body is balanced in the water which will help overall with your swimming technique. A phrase to remember is bubble, bubble, breathe in.



### BILATERAL BREATHING

Bilateral breathing is the name given to breathing on both sides, left and right. This is done every 3 strokes (counting both arms) so your breathing alternates from side to side.

If you only breathe to one side it's very likely your rotation to your non-breathing side will be poor and you won't swim in a straight line.

If you are struggling with bilateral breathing then the most likely reason is that you are holding on to your breath and not exhaling constantly into the water. Go back to focusing on blowing bubbles when your face is in the water.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 7

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**8 laps  
SWIM** | x4

REST

**4 laps  
SWIM** | x4

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). This week be aware of your body positioning in the water. Ensure you are looking at the bottom of the pool and keeping your body on the surface of the water. By staying on top of the water it makes swimming easier and more efficient.

### BODY ALIGNMENT

Body position in the water is the most important component of swimming efficiently, and the position of your head dictates the position of the rest of your body. Look directly down at the bottom of the pool. Men in particular need to submerge the head when not breathing to stay buoyant. Keeping your head in this position will help keep your body on top of the water and in the best position for optimal swimming.



### KEEPING YOUR HEAD STILL

In between breaths, hold your head still in one position. Don't roll it around as your body rotates - this will make you dizzy and will really affect your co-ordination!

If you think you roll your head, concentrate on looking at one point on the bottom of the pool. Only turn your head to breathe. This will feel a little strange at first but should quickly start to feel much nicer. You'll find you feel much more coordinated with the rest of your stroke too.

If you're struggling to co-ordinate holding your head still - try this visualisation. Imagine a half-full glass of champagne is sitting on the top of your head and you've got to keep it very still or it'll spill! Sometimes thinking of it like that can do the trick.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 8

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**8 laps  
SWIM** | x4

REST

**4 laps  
SWIM** | x4

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). This week focus on your armstrokes. Every arm stroke you want to make sure you are getting maximum reach and making the strokes as efficient as possible.

### LONG ARMSTROKES

Your arms should be long and reaching for the end of the pool with every stroke. As your arm enters the water, extend your arm forward a little bit more, rotating your shoulder in slightly. This ensures you are getting maximum reach out of your stroke.



### ENTRY TECHNIQUE

As your hand enters into the water, ensure finger-tips enter first, lengthening forward in front of the same shoulder with the middle finger pointing to the far end of the pool.

Avoid crossing over your centre line, this is critical to keeping a high elbow, catch and pull through later on.

As you reach forward with a good body roll (roll being essential here), make sure you do so with the palm of the hand looking at the bottom of the pool, but with the finger tips angled slightly down.



### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 9

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**16 laps  
SWIM** | x2

REST

**2 laps  
SWIM** | x8

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). This week focus on your armstrokes. Every arm stroke you want to make sure you are getting maximum reach and making the strokes as efficient as possible.

### STRONG ARMSTROKES

Now you have worked on your long armstrokes we want to add some power. When your hand enters the water use your hand as a scoop to push the water to your thigh. After your arm reaches your thigh extend your arm fully before lifting your arm out of the water ready to stroke again. To work on this slow your arm strokes down and really think about pushing the water to your thigh.



### PULL THROUGH TECHNIQUE

At full reach and without dropping your elbow, you should feel like you are tipping your finger-tips down and flexing at the wrist, which will start the catch.

At the same time start bending the elbow and pressing back on the water with the forearm in a near-vertical position.

A memorable way to think about this action whilst you are swimming is to visualise a smiley face drawn on the palm of your hand. As you start the catch, tip your finger tips down and show that smiley face on your palm to the wall behind you. This is like locking your hand in place, effectively feeling-the-water.

You will be pressing the water back behind you rather than pushing it down.

Combined with good rotation, this pull through will lead to an efficient long stroke technique, but one that is not overly long.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 10

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**16 laps  
SWIM** | x2

REST

**2 laps  
SWIM** | x8

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). This week we want to work on strong and powerful arm strokes. Every stroke you should be able to feel the water being pushed to your feet. Count your arm strokes for the lap, and try and keep that count for every lap, with the aim of doing as few arm strokes as possible.

### STRONG AND LONG ARMS

This week we want to work on our arms being strong and long. Remember to be reaching for the end of the pool, then pushing the water to your thigh. You should find that it takes you fewer armstrokes to complete the lap.



### PULL THROUGH TECHNIQUE

At full reach and without dropping your elbow, you should feel like you are tipping your finger-tips down and flexing at the wrist, which will start the catch.

At the same time start bending the elbow and pressing back on the water with the forearm in a near-vertical position.

A memorable way to think about this action whilst you are swimming is to visualise a smiley face drawn on the palm of your hand. As you start the catch, tip your finger tips down and show that smiley face on your palm to the wall behind you. This is like locking your hand in place, effectively feeling-the-water.

You will be pressing the water back behind you rather than pushing it down.

Combined with good rotation, this pull through will lead to an efficient long stroke technique, but one that is not overly long.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 11

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**40 laps  
SWIM**

REST

**1 lap  
SWIM** | x8

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). This week is the first attempt at swimming 1000m without stopping. It may seem daunting but if you focus you will be surprised at what you are capable of. Use this as a practice for the final challenge next week! If you aren't quite able to go the full 40 laps don't stress! You get another chance next week to push yourself and go further.

### KICKING

This week focus on your kick. Your legs should be long and strong, while your feet are floppy. Your feet should be doing the kicking and your legs will naturally move up and down slightly working with the motion of your feet.



### KICKING TECHNIQUE

Instead of kicking from the knee you should kick from the hip with a relatively straight leg. A good way to think about kicking from your hips is to squeeze your bum when you kick. Keep your knees relaxed and drive the kick from the hips.

When you swim you should always have your toes pointed, this presents a much lower profile to the water. Not pointing your toes will push water forwards when you kick, slowing you dramatically.

Point your toes slightly inwards so that your big toes almost brush together when you do your kick.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.



# WEEK 12

## WE ARE SWIMMING 1600 METRES (64 LAPS)

**2 laps  
KICK** | x4

REST

**2 laps  
BREATHING DRILL** | x4

REST

**40 laps  
SWIM**

REST

**1 lap  
SWIM** | x8

This week we are focusing on breathing. To complete this you will need a kickboard (these can be found poolside). For the kick have your arms out straight holding the board and your face in the water, focus on blowing bubbles and rolling your head to the side to breathe. For your breathing drill have your arms in a superman position, face in the water, count to 6 and pull and roll to breathe (at the same time). This is the final challenge! 1000m! Try doing the 40 laps without stopping. It may be hard but at the end you will feel very accomplished. If you don't make the full 40 laps without stopping, try and beat your effort from last week. Good luck!

### KICKING

This week work on kicking consistently, doing small fast kicks for the whole lap. Focus particularly when you are taking a breath as this is when most people stop kicking. The pace of your kicks should be 2 every second. If you can't achieve this then your kicks are too big.



### KICKING TECHNIQUE

Instead of kicking from the knee you should kick from the hip with a relatively straight leg. A good way to think about kicking from your hips is to squeeze your bum when you kick. Keep your knees relaxed and drive the kick from the hips.

When you swim you should always have your toes pointed, this presents a much lower profile to the water. Not pointing your toes will push water forwards when you kick, slowing you dramatically.

Point your toes slightly inwards so that your big toes almost brush together when you do your kick.

### EQUIPMENT YOU WILL NEED:

A KICKBOARD - Provided on poolside.

CAP AND GOGGLES are available to purchase online and instore. Please bring your own.

