

SWIMMING - BEGINNER PROGRAM



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SURF LIFE SAVING
WESTERN AUSTRALIA



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ABOUT THE COACH



ABOUT THE COACH

Fiona Nijrich is an experienced coach with 26 years focusing on swimming. She has coached athletes who have competed at the Olympics, World Championships, Commonwealth Games and Pan Pacs. Such athletes as Heidi Gan - Current Malaysian Team, Blair Evans - Previously in the Australian Team, Brett Feilding - Current Australian Youth Open Water Team and Travis Nederpelt - Retired Olympian have had the pleasure of calling Fiona 'Coach'.

She maintains a silver level coaching accreditation as a swimming coach, a bachelor's degree in health and physical education while performing the role of Head-Coach at the Perth Swim Academy.

COACHING GUIDELINES



COACHING A GROUP

If you have decided to take on the role of swim coach it is a good idea to do some planning. Below is a simple guide to follow before you begin your coaching:

1. Identify the most suitable pool for the group to train
2. Make contact with the pool and ask the following:
 - a. Opening hours
 - b. Cost
 - c. Availability
 - d. Can you coach a small group?
 - e. Do you need to book lanes?
3. Establish training days and times. As the volunteer coach ensure that the days and times suit you personally. It is suggested two sessions per week.

SWIMMING ETIQUETTE



PUBLIC SWIMMING

CHOOSING YOUR LANE

Swim in a lane that best suits your stroke and speed

- Check the signs displayed for lane speed and conditions
- If no signs are displayed check with lifeguard
- Don't be offended if a lifeguard asks you to move to another lane

SWIMMING

- Keep left in the lanes at all times
- Only overtake if safe to do so
- To pass, swim past on the right, above the lane line on the bottom of the pool.
- Do not swim two abreast in a single lane
- Check both directions before moving across any lanes
- When waiting at the end of the pool, stay in the corners of the lane so other swimmers can continue swimming laps
- If you require assistance at any stage signal the lifeguard for help
- When being passed slow down slightly (do not stop) and stay close to the lane rope

SWIMMING ETIQUETTE



SQUAD SWIMMING

TIPS FOR LANE ETIQUETTE

Check out these tips for smoother swimming in the lane. If ever you have a question regarding lane etiquette, please ask the coach!

LANE LEADING

Who should lead the lane? Nothing makes a set run smoother than a great lane leader. The first swimmer in the lane must understand the set and all the intervals, be able to see and read the pace clock and have a good sense of pace. If you typically take it out fast and fade, you are better off swimming the set behind a teammate who will pace the set better.

The Lane Leader should use common sense and realise that the way he/she swims the practice affects everyone in the lane. The other swimmers need to support their Lane Leader, politely correcting errors and electing new leaders at the correct times.

PASSING

With a large number of swimmers in the lane the need to pass another swimmer in a long swim is almost inevitable, especially in distance sets. The key to keeping the lane running smoothly and help all the swimmers keep focus on the practice is to determine the passing strategy for the lane before the set begins. Communicate with your lane mates to determine what will work best everybody in the lane!

It is best to make the pass at the walls rather than in the middle of the laps. Here is how it works:

Passer: Moves to middle of lane – black line to initiate pass

Passee: Pulls closer to the lane rope and starts to slow pace. The Passee must not stop!

Passer: Continues to pass down the middle of the lane being aware of swimmers traveling in the other direction.

Passee: Starts swimming again, behind the Passer.

The need to pass can be reduce is swimmers go in the correct position before the set starts.

PRE-TRAINING ACTIVATIONS



Pre-training Activation A

	Activities	Reps
1	Sit Ups	10
2	Reach Bridge ¹	10
3	Front Streamlines	10
4	Toe Touches	10
5	Push-Up	10
6	Skipping	2 mins

Pre-training Activation B

	Activities	Reps
1	Star Jumps	10
2	Spiders ²	10
3	Front Bridge	10 secs
4	Left Leg Swings	10
5	Right Leg Swings	10

Pre-training Activation B

	Activities	Reps
1	Right and Left Arm Forward	10 each
2	Right and Left Arm Backward	10 each
3	Star Jumps	10
4	Right and Left Leg Swings Forwards	10 each
5	Right and Left Leg Swings Cross Over	10 each
6	Skipping	2 mins

¹Reach Bridge: While you’re performing the bridge, reach for targets to the front.

²Spiders: While in bridge position move knee to outside same side elbow

10 WEEK PLAN



Week	Session	Session Focus		Distance
		Activation	Pool	
1	1	A	Starting Point FS Drills	1200m
1	2	A	FS Drills Fly Dolphin Dives	1800m
2	3	B	FS Drill Test Set 5x100m @ 2:30	1600m
2	4	B	Descending - Getting Faster FS Technique 100m	1600m
3	5	C	6x100FmS Body Position	2000m
3	6	C	Kick Pace Work - 50m	1800m
4	7	A	FS Body Position 3x200m	2100m
4	8	A	FS Drills Form Stroke	1300m
5	9	B	Dive 100m Fly Drills	1900m
5	10	B	FS Drill Test Set 5x100m @ 2:30	1500m
6	11	C	1x400m BK Drills	2000m
6	12	C	Test Set 10x50m BR Drills Kick	1800m
7	13	A	Sprints - Surf Skills IM	2000m
7	14	A	2x400m Fly Drills	2100m
8	15	B	Test Set 5x100m @ 2:30 Surf Skills	2000m
8	16	B	3x300m Form Drills	2100m
9	17	C	FS Drills Dive 100m	1700m
9	18	C	Test Set 10x50m	2000m
10	19	A	FS Pull 6x100m	2100m
10	20	A	6x50 Quality	1900m

SWIMMING - BEGINNER

WEEK 1 - SESSION 1



WARM UP 200m
(50FS/50BR/50FS/50BR)

SKILL DEVELOPMENT #1 500m

2x25 superman kick
2x50 delay FS
2x25 long dog
2x50 catch up FS

2 Sets of:
4x25
1: easy FS; 2: medium FS;
3: fast FS; 4: breaststroke

SKILL DEVELOPMENT #2 400m

With Fins
2 Sets of:
4x25 Backstroke kick
2x50 reach for the sky backstroke

SWIM DOWN 100m

3 strokes breaststroke and forward roll

Total 1200m

Tips:

Ensure athlete knows the session and what it entails from the beginning.

EQUIPMENT NEEDED

Swimming Fins

Superman Kick



Delay



Long Dog



Catch-Up



SWIMMING - BEGINNER

WEEK 1 - SESSION 2



WARM UP

400m

2 Sets of:

(50FS + 3x50 IM Switch [25 Fly
/25BK, 25BK/25BR, 25BR/25FR])

SKILL DEVELOPMENT #1

600m

With Fins

2 Sets of:

1 x 50 kick no board @ 60 seconds

2 x 50 single arm/delay @ 55
seconds

3 x 50 FS @ 50 seconds

SKILL DEVELOPMENT #2

400m

At the shallow end

4x25 Dolphin Dives

1x25Fly/1x25FS @ 40 seconds

2x25Fly/2x25FS @ 40 seconds

3x25Fly/3x25FS @ 40 seconds

SWIM DOWN

400m

400m Pull using Pull Buoy

Total 1800m

Tips:

During the Fly try to keep hands out
front and work on a kick-kick routine.

EQUIPMENT NEEDED

Swimming Fins

Pull Buoy

Stop Watch

Delay



Single Arm



Dolphin Dives



SWIMMING - BEGINNER

WEEK 2 - SESSION 3



WARM UP

400m

2 Sets of:

100 FS breathing/100 IM Drill (25m of each stroke)

SKILL DEVELOPMENT #1

600m

2 Sets of:

2x25 delay FS

2x50 BK

2x25 finger drag FS

2x50 BR

SKILL DEVELOPMENT #2

500m

Test Set:

5x100 @ 2:30min

#1 100mPB +25 secs

#2 100mPB +20 secs

#3 100mPB +15 secs

#4 100mPB +10 secs

#5 100mPB +5 secs

(Start each 100m every 2:30 and the time for each 100 should be the athletes personal best time + the allowance per swim)

SWIM DOWN

100m

Alternate 25 Dolphin Dives/25 FS

Total 1600m

Tips:

If you don't know the 100m PB add the time for 50m PB x 2 and add additional 7 seconds. Record each time in the test set.

EQUIPMENT NEEDED

Stop Watch

Delay



Finger Drag



Dolphin Dives



SWIMMING - BEGINNER

WEEK 2 - SESSION 4



WARM UP

300m

300 FS fins and paddles

SKILL DEVELOPMENT #1

800m

16x25 - 4 Sets of:

- 25 single arm FS
- 25 delay
- 25 fast
- 25 form

8x50FS descending @ 70 seconds

- #1 PB +10
- #2 PB +8
- #3 PB +6
- #4 PB +4

(Start each 50 every 70 seconds and the time for each 50 should be the athletes personal best time + the allowance per swim)

SKILL DEVELOPMENT #2

400m

100 BEST FS paddles

4 sets of:

- 25 BK kick
- 25 s/arm BK pull on rope
- 25 BK double arm

SWIM DOWN

100m

Alternate 25 Dolphin Dives/25 FS
(Encourage 5-6 kicks per floor push off)

Total 1600m

Tips:

Fast = as fast as possible.

Form = a reduction in speed with a focus on correct technique.

Try to keep time reductions consistent.

EQUIPMENT NEEDED

Stop Watch

Fins

Hand Paddles

Delay



Finger Drag



Single Arm



Backstroke Single Arm



Dolphin Dives



SWIMMING - BEGINNER

WEEK 3 - SESSION 5



WARM UP

6x50 FS/IM switch

300m

SKILL DEVELOPMENT #1

1000m

4 sets of:

25 FS kick

25 Long Dog

25 FS Single Arm

2 sets of:

100 FS @ 2:00

100 FS @ 1:55

100 FS @ 1:50

50 easy

50 FS with dive (time and record)

SKILL DEVELOPMENT #2

400m

4 Sets of:

25 kick/25 board swim

25 FS Neat and Tidy

25 Fast BK

SWIM DOWN

300m

300m easy FS with dive and glide at deep end

Total 2000m

Tips:

IM Switch [25 Fly/25BK, 25BK/25BR, 25BR/25FR])

EQUIPMENT NEEDED

Stop Watch

Kick Board

Long Dog



Single Arm



Dive and Glide



Swim Board



SWIMMING - BEGINNER

WEEK 3 - SESSION 6



WARM UP

500m

200 FS, 150 BK, 100 BR, 50 Fly

SKILL DEVELOPMENT #1

600m

Need Kick Board

2 Sets of:

25 Kick/25 Board Swim @1:20

50 Kick @1:30

50 Board Swim @1:10 secs

Need Kick Board + Fins

2 Sets of:

25 Kick/25 Board Swim @1:10

50 Kick @1:20

50 Board Swim @60 secs

SKILL DEVELOPMENT #2

500m

2 Sets of:

4x50 FS (1@60, 2@1:05,
3@1:10 , 4@1:15)

4x15 Dolphin Dives

SWIM DOWN

200m

200 FS Pull

Total 1800m

Tips:

Pace work - Holding a nominated time.

Time can be PB + 6 seconds.

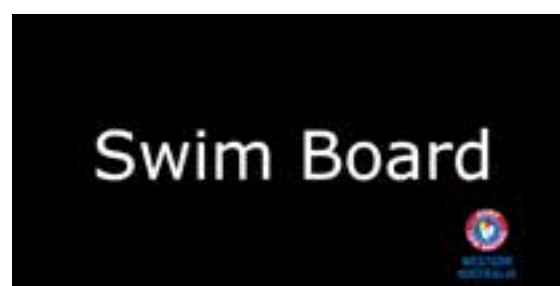
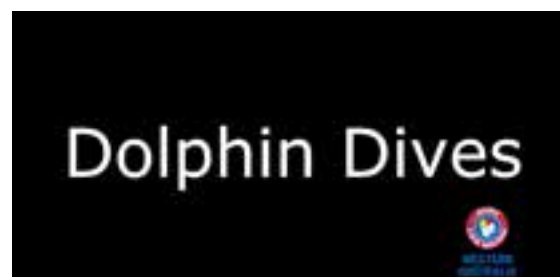
EQUIPMENT NEEDED

Stop Watch

Kick Board

Fins

Pull Buoy



SWIMMING - BEGINNER

WEEK 4 - SESSION 7



WARM UP

2 Sets of:

100 FS

4x50 FS Drill

600m

EQUIPMENT NEEDED

Stop Watch

SKILL DEVELOPMENT #1

400m

8x50 15secs rest per lap

1:25 Superman Kick/25 Long

Dog

2: 50 Finger Drag

SKILL DEVELOPMENT #2

900m

3 x 200 FS @ 4:30

3 x 100 FS @ 2:00

SWIM DOWN

200m

200 easy FS with a Dive and Glide at the deep end.

Total 2100m

Superman Kick



Long Dog



Finger Drag



Dive and Glide



Tips:

Controlled swimming in skill dev #2 -
check the times each 50m.

SWIMMING - BEGINNER

WEEK 4 - SESSION 8



WARM UP

200m

200 FS breathe every 3 strokes

SKILL DEVELOPMENT #1

500m

6x50 FS Drills 15secs rest per lap

1 & 4: Finger Drag

2 & 5: Fist Closed

3 & 6: Neat and Tidy

With Kick Board and Fins

4x50 @ 1:30

25 Kick/25 Board Swim

SKILL DEVELOPMENT #2

400m

200 Form stroke drill

8x25 @ 40secs

25 fast form stroke/25 easy FS

SWIM DOWN

200m

200 FS.

Total 1300m

Tips:

Form stroke drill = a stroke that is not freestyle.

EQUIPMENT NEEDED

Stop Watch

Kick Board

Fins

Finger Drag



Fist Closed



Swim Board



SWIMMING - BEGINNER

WEEK 5 - SESSION 9



WARM UP 300m

300 FS breathing (odds/evens)

SKILL DEVELOPMENT #1 900m

2 Sets of:

4x25 Long Dog

4x25 Superman Kick

4x50 FS 2@1:15, 2@1:10

100m timed with dive start

SKILL DEVELOPMENT #2 500m

All with Fins:

6x50 Fly Kick

8x25:

2 x Build Up

2 x Fly

2 x Under/Overs

2 x Fly

SWIM DOWN 200m

200 FS.

Total 1900m

Tips:

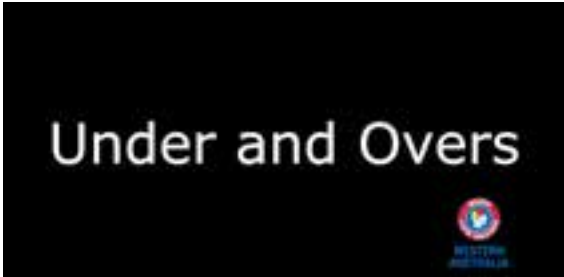
Breathing odd strokes 3-5 or even 2-4 etc.

Encourage push off wall - 4 kicks and 4 strokes.

EQUIPMENT NEEDED

Stop Watch

Fins



SWIMMING - BEGINNER

WEEK 5 - SESSION 10



WARM UP

600m

200 FS

4x50 FS Drills

4x50 (25 Kick/25 Board Swim)

EQUIPMENT NEEDED

Stop Watch

Kick Board

SKILL DEVELOPMENT #1

500m

Test Set:

5x100 @ 2:30min

#1 100mPB +25 secs

#2 100mPB +20 secs

#3 100mPB +15 secs

#4 100mPB +10 secs

#5 100mPB +5 secs

Swim Board



SKILL DEVELOPMENT #2

200m

2 Sets of:

25 Dolphin Dives

25 Superman Kick

50 Single Arm

Superman Kick



SWIM DOWN

200m

50FS/50BR/50FS/50BK

Single Arm



Total 1500m

Dolphin Dives



Tips:

Encourage push off wall - 4 kicks and 4 strokes in skill dev #2.

SWIMMING - BEGINNER

WEEK 6 - SESSION 11



WARM UP

400m

2 Sets of:
100FS/50BK/50BR

EQUIPMENT NEEDED

Stop Watch
Fins

SKILL DEVELOPMENT #1

600m

2 Sets of:
4x25 Streamlined BK kick
2x25 BK Single arm
1x50 Shoulder roll BK

With Fins:

8x25 BK (1 fast - 1 easy)

Backstroke Shoulder
Roll

SKILL DEVELOPMENT #2

800m

With Fins:

8x50 FS @ 60secs

Without Fins:

1x400 FS with each 50 getting
faster

Backstroke Single Arm

SWIM DOWN

200m

2 Sets of:

25 Dolphin Dives/25 BK
Kick/25 BR/25 FS

Dolphin Dives

Total 2000m

Tips:

Work on consistent number of kicks in
dolphin dives.

SWIMMING - BEGINNER

WEEK 6 - SESSION 12



WARM UP

400m

2 Sets of:
100FS
4x25 IM

SKILL DEVELOPMENT #1

700m

3 Sets of:
1x50 Survival BK
2x25 Nana BR
2x25 Double Kick BR

50 BR

With Fins and Board:

8x25 kick (25 fast - 25 easy)

SKILL DEVELOPMENT #2

500m

Test Set:
10x50
4x @1:10
3x @1:05
2x @60 secs
1x Best Effort

SWIM DOWN

200m

2 Sets of:
50 Kick/50 Board Swim

Total 1800m

Tips:

Swimmers aim to hold the same time for all 50s.

Survival BK is on you back pushing the water down almost like flapping wings.

EQUIPMENT NEEDED

Stop Watch

Fins

Kick Board

Pool Noodle

Nana Breaststroke



Double Kick



Swim Board



SWIMMING - BEGINNER

WEEK 7 - SESSION 13



WARM UP

300m

3 Sets of:

25 run/25 FS/25 BK/ 25 FS

EQUIPMENT NEEDED

Stop Watch

Pool Noodle

SKILL DEVELOPMENT #1

1000m

2 Sets of:

4x25 Superman Kick

4x25 FS Single Arm

4x50 FS Neat and Tidy

8x25 Sprint - Work in Shallow End

1/3/5/7 - 5 Dolphin Dives

then sprint

2/4/6/8 - Stationary Scull then

sprint

Nana Breaststroke



Superman Kick



SKILL DEVELOPMENT #2

500m

2x25 Build Up @ 15 secs rest

2x25 Fly @ 15 secs rest

2x25 BK Single Arm @ 15 secs rest

2x25 BK @ 15 secs rest

2x25 Nana BR @ 15 secs rest

1x50 BR @ 15 secs rest

Single Arm



2x100 IM @ 30 secs rest

SWIM DOWN

200m

200 Easy FS with Dive and Glide at deep end

Stationary Sculling



Total 2000m

Tips:

Endurance training will test the athletes focus when they are tired, continue to remind them to keep focused on it.

Build Up



SWIMMING - BEGINNER

WEEK 7 - SESSION 14



WARM UP 500m
200FS/150 Board Swim/100
Form/50 Kick

SKILL DEVELOPMENT #1 3000m
With Fins:
2x25 Build up
4x25 Under/Overs
6x25 Fly

SKILL DEVELOPMENT #2 1100m
2 Sets of:
1x25 Superman Kick
2x25 Long Dog
3x25 Fist Closed

2x400 FS @ 20secs rest
#1 4x100 with 5 seconds rest
between each 100
#2 400 with each 50 getting
faster

SWIM DOWN 200m
200 Pull Buoy

Total 2100m

Tips:
Form is a non FS stroke
Aim to get faster in each 50 of the
second 400

EQUIPMENT NEEDED

Stop Watch
Fins
Kick Board
Pull Buoy

Under and Overs



Build Up



Superman Kick



Long Dog



Fist Closed



SWIMMING - BEGINNER

WEEK 8 - SESSION 15



WARM UP

200m

Easy FS with a dive and glide at deep end

EQUIPMENT NEEDED

Stop Watch

SKILL DEVELOPMENT #1

1100m

2 Sets of:

4x25 Run

4x25 FS Delay

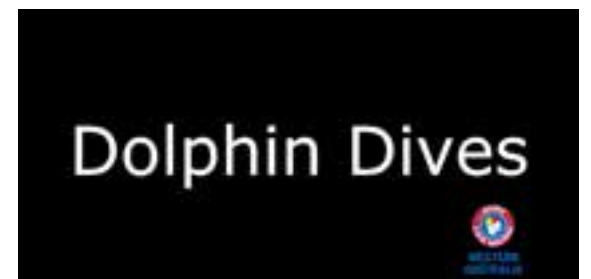
4x50 FS first 10 strokes fast

12x25 Sprint - Work in Shallow End

4x 5 Dolphin Dives then sprint

4x Stationary Scull then sprint

4x Push-4 Kick-4 Stroke



SKILL DEVELOPMENT #2

500m

Test Set:

5x100 @ 2:30min

#1 100mPB +25 secs

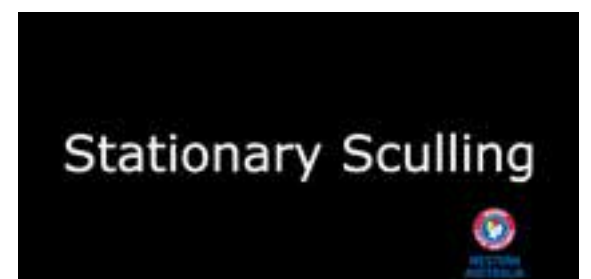
#2 100mPB +20 secs

#3 100mPB +15 secs

#4 100mPB +10 secs

#5 100mPB +5 secs

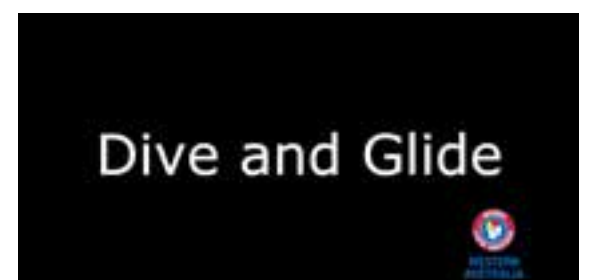
The 100s should get faster,
Compare these times to previous
test sets.



SWIM DOWN

200m

8x25 FS Neat and Tidy



Total 2000m

Tips:

Push/kick/stroke- push off wall and glide,
then 4 dolphin kicks finish with 4 arms
only Fly strokes.

SWIMMING - BEGINNER

WEEK 8 - SESSION 16



WARM UP 500m
200 FS/150 BR/100 BK/50 Choice

SKILL DEVELOPMENT #1 500m
2 Sets of:
2x25 Form Kick
4x25 Stroke Drill

8x25
25 Fast Form Stroke,
25 Easy FS

SKILL DEVELOPMENT #2 900m
3x300 @ 30secs rest
#1 100 easy/100 medium/100 fast
#2 100 fast/50 easy/100 fast/50 easy
#3 300 steady

SWIM DOWN 200m
50 kick/50 board swim/50 kick/50 board swim

Total 2100m

Tips:
Form Stroke = Non FS Stroke.

EQUIPMENT NEEDED

Stop Watch
Kick Board
Fins



SWIMMING - BEGINNER

WEEK 9 - SESSION 17



WARM UP

6x50
1/4 FS
2/5 Form
3/6 BR

300m

EQUIPMENT NEEDED

Stop Watch
Fins

SKILL DEVELOPMENT #1

800m

2 Sets of:
2x25 Superman Kick
2x50 Delay FS
2x25 Long Dog
2x50 Catch Up FS



8x25
1/5 Easy FS - 2/6 Medium FS
- 3/7 Fast FS - 4/8 BR



SKILL DEVELOPMENT #2

200m

Timed Swim:
2x100 With Dive in
2 mins rest between 100s



SWIM DOWN

400m

With fins 400m FS

Total 1700m



Tips:
Form Stroke = Non FS Stroke.

SWIMMING - BEGINNER

WEEK 9 - SESSION 18



WARM UP

2 Sets of:

100 FS

2x25 Superman Kick

2x50 Form

500m

EQUIPMENT NEEDED

Stop Watch

Fins

SKILL DEVELOPMENT #1

600m

2 Sets of:

2x25 Delay FS

2x50 BK

2x25 Finger Drag

2x50 BR

Superman Kick



3x100 IM

SKILL DEVELOPMENT #2

500m

Test Set:

10x50

4x @1:10

3x @1:05

2x @60 secs

1x Best Effort

Delay



Finger Drag



SWIM DOWN

400m

With Fins:

8x50 FS

Total 2000m

Tips:

Form Stroke = Non FS Stroke.

Swimmers aim to hold the same time for all 50s.

SWIMMING - BEGINNER

WEEK 10 - SESSION 19



WARM UP

12x50 FS @ 1:10
Neat and Tidy

600m

SKILL DEVELOPMENT #1

4Sets of:
25 FS Single Arm
50 FS Pull Buoy
25 Fist Closed
50 FS Pull Buoy

600m

SKILL DEVELOPMENT #2

6x100 @1:50
1/4 50 Fast/50 Easy
2/5 50 Easy/50 Fast
3/6 100 Fast

600m

SWIM DOWN

With Fins:
6x50 BK

300m

Total 2100m

EQUIPMENT NEEDED

Stop Watch
Fins
Pull Buoy



Tips:

Encourage push - 4 Kicks - 4 Strokes of
the wall before first breath.

SWIMMING - BEGINNER

WEEK 10 - SESSION 20



WARM UP

600m

2 Sets of:

150 FS

2x50 FS drill of choice

2x25 FS Fast

EQUIPMENT NEEDED

Stop Watch

SKILL DEVELOPMENT #1

600m

4x25 Dolphin Dives in Shallow End

With Fins:

1x25 Fly/1x25 FS @ 40

2x25 Fly/2x25 FS @ 40

3x25 Fly/3x25 FS @ 40

4x25 Fly/4x25 FS @ 40



SKILL DEVELOPMENT #2

300m

6x50 @1:30

Dive in every second 50m

SWIM DOWN

400m

400 FS Easy

Total 1900m

Tips:

Encourage 4-5 kicks while dolphin diving.

During Fly work on kick-kick-stroke.

Skill Dev #2 - Aiming for quality in technique.