

# Ocean Lifeguard Swim Training Program

The program below is a general guide only. We recommend talking to a health professional before starting a new program, particularly if you have any pre-existing medical conditions.

See the following page for notes.

Session	Week 1	Week 2	Week 3	Week 4
1	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 200m easy swim</li> <li>• 4 x 50m swim (25m hard, 25m easy)</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 800m time trial</li> <li>• 200m easy swim</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 4 x 100m comfortable swim</li> <li>• 4 x 100m descend 1-4</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 10 x 100m swim with paddles and buoy, 10 sec rest.</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 200m easy swim</li> <li>• 4 x 50m (25m hard, 25m easy)</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 8 x 100m at 75%, 15 sec rest</li> <li>• 8 x 100m with fins at 75%, 15 sec rest</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 200m easy swim</li> <li>• 4 x 50m (25m hard, 25m easy)</li> </ul> <p>Main session:</p> <p>(all at 800m time trial pace with 10 sec rest)</p> <ul style="list-style-type: none"> <li>• 4 x 50m swim</li> <li>• 4 x 50m paddles</li> <li>• 4 x 50m paddles and buoy</li> <li>• 4 x 50m maximum effort</li> <li>• 400m easy swim</li> </ul>
2	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 400m easy swim with fins</li> <li>• 4 x 50m swim (explode 15m)</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 4 x 200m fins on 3:30</li> <li>• 8 x 100m at 75%, 15 sec rest</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 400m easy swim with fins</li> <li>• 4 x 50m, explode 15m</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 16 x 50m, 10 sec rest</li> <li>• 4 x 200m with fins, 5 sec rest</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 4 x 100m comfortable</li> <li>• 4 x 100m descend 1-4</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 400m with fins (at 800m time trial pace)</li> <li>• 200m swim recovery</li> <li>• 200m with fins (at 800m time trial pace)</li> <li>• 100m easy swim</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 6 x 50m build</li> <li>• 5 x 100m at 75%</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 6 x 200m at 1-3 descend, 15 sec rest</li> </ul>
3	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 4 x 100m comfortable swim</li> <li>• 4 x 100m descend 1-4</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 4 x 100m with paddles and buoy</li> <li>• 3 x 100m with buoy</li> <li>• 2 x 100m with paddles and buoy</li> <li>• 1 x 100m swim</li> </ul> <p>15 sec rest between each 100m</p>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 4 x 100m comfortable swim</li> <li>• 4 x 100m descend 1-4</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 6 x 100m build to 80%, 15 sec rest</li> <li>• 4 x 100m at 75%, 20 sec rest</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 4 x 100m comfortable</li> <li>• 4 x 100m descend 1-4</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 6 x 100m build to 80%, 15 sec rest</li> <li>• 4 x 100m at 75%, 20 sec rest</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 400m easy swim with fins</li> <li>• 4 x 50m (explode 15m)</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 2 x 400m with paddles and buoy</li> <li>• 2 x 300m swim</li> <li>• 3 x 200m with fins</li> <li>• 2 x 100m hard swim</li> <li>• 2 x 50m with fins at 70%</li> </ul> <p>20 sec rest after each repeat</p>
4	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 6 x 50m build</li> <li>• 5 x 100m at 75% effort</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 8 x 100m (on 1:30 – 1:45 aim for 10 sec rest)</li> <li>• 16 x 50m as 4 x easy, 4 x moderate, 4 x hard, 4 x very hard</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 6 x 50m build</li> <li>• 5 x 100m at 75% effort</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 16 x 50m swim (at 800m time trial pace), 10 sec rest</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 6 x 50m build</li> <li>• 5 x 100m at 75%</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 800m time trial</li> <li>• 200m swim down</li> </ul>	<p>Warm up:</p> <ul style="list-style-type: none"> <li>• 400m easy with fins</li> <li>• 4 x 50m (explode 15m)</li> </ul> <p>Main session:</p> <ul style="list-style-type: none"> <li>• 4 x 200m with fins on 3:30</li> <li>• 8 x 100m at 75%, 15 sec rest</li> </ul>

## Notes

**Build** means to increase pace at equal amounts over the course of the distance. For example for a 4 x 100m descend, (1) start easy, (2) increase to moderate, (3) 80%, and (4) maximum effort.

**Descend** means decreasing pace in equal amounts over a distance, for example from maximum effort to 80%, moderate, then easy.

**Paddles** and **buoys** are swim aid devices available at sport stores.

**Explode** means swimming at a faster than usual pace over a short distance.

**Recovery** means a very easy warm-down swim.