

# BEGINNER TRAINING PLANS

## BEGINNER LEVEL 1

DESCRIPTION	SET	TOTAL DISTANCE (900m)
Warm-Up	4x 25m (easy)	100m
Drill	8x (25m kick/2x 25m FC)	400m (40sec rest)
Endurance	6x 50m	300m (40sec rest)
Cool Down	4x 25m (easy)	100m

## BEGINNER LEVEL 2

DESCRIPTION	SET	TOTAL DISTANCE (1000m)
Warm-Up	6x 25m (easy)	150m
Drill	8x (25m kick/2x 25m FC)	400m (40sec rest)
Endurance	6x 50m	300m (40sec rest)
Cool Down	6x 25m (easy)	150m

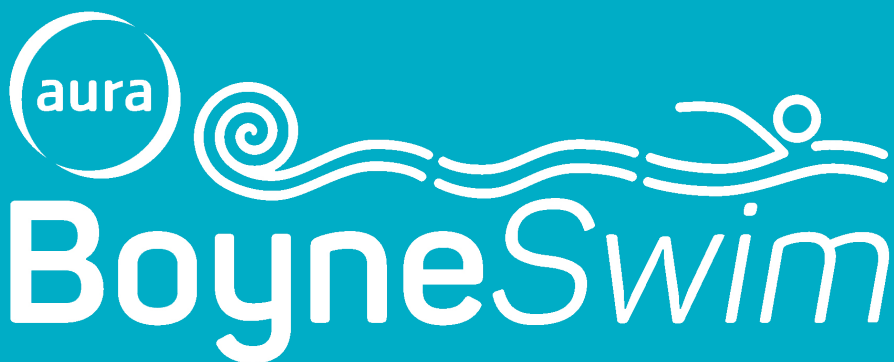
## BEGINNER LEVEL 3

DESCRIPTION	SET	TOTAL DISTANCE (1250m)
Warm-Up	6x 25m (easy)	150m
Drill	6x (25m kick/50m FC)	450m (40sec rest)
Endurance	10x 50m	500m (40sec rest)
Cool Down	6x 25m (easy)	150m

## BEGINNER LEVEL 4

DESCRIPTION	SET	TOTAL DISTANCE (1400m)
Warm-Up	6x 25m (easy)	150m
Drill	8x (25m kick/50m FC)	600m (30sec rest)
Endurance	10x 50m	500m (30sec rest)
Cool Down	6x 25m (easy)	150m

**AIM FOR 1 TO 3 SESSIONS PER WEEK**



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