WORKOUT #1
BEGINNER

WARM UP
50 kick

MAIN SET
4x25 swim :30 rest
1x100 pull :20 rest
4x25 IM order :30 rest
1x100 kick :20 rest

COOL DOWN
50 easy

TOTAL: 500
WARM UP
50 kick

MAIN SET
2x100 pull :30 rest
2x50 sprint : 20 rest
2x100 kick :30 rest

COOL DOWN
50 easy

TOTAL: 600
WORKOUT #11
BEGINNER

WARM UP
50 kick

MAIN SET
5x50 swim :20 rest
5x50 swim :10 rest

COOL DOWN
50 easy

TOTAL: 600
WARM UP
50 kick

MAIN SET
2x50 sprint :30 rest
4x25 kick :15 rest
2x100 sprint : 1:00 rest
4x25 pull :15 rest :15 rest
2x50 sprint :30 rest

COOL DOWN
50 easy

TOTAL: 700
WORKOUT #2
BEGINNER

WARM UP
50 kick

MAIN SET
3x25 backstroke :30 rest
1x50 pull :15 rest
3x25 breaststroke :30 rest
1x50 kick :15 rest
3x25 freestyle :30 rest

COOL DOWN
50 easy

TOTAL: 550
WORKOUT #3
BEGINNER

WARM UP
50 kick

MAIN SET
500 swim

COOL DOWN
50 easy

TOTAL: 600
WORKOUT #4
BEGINNER

WARM UP
50 kick

MAIN SET
1x200 swim :30 rest
2x50 pull :15 rest
1x200 swim :30 rest

COOL DOWN
50 easy

TOTAL: 600
WORKOUT #5
BEGINNER

WARM UP
50 kick

MAIN SET
1x200 swim
2x100 pull
3x50 kick

COOL DOWN
50 easy

TOTAL: 650
WORKOUT #6
BEGINNER

WARM UP
50 kick

MAIN SET
3x100 swim :30 rest
1x50 kick :10 rest
2x100 swim :20 rest
1x50 kick :10 rest
1x100 swim :10 rest

COOL DOWN
50 easy

TOTAL: 700
WORKOUT #7
BEGINNER

WARM UP
50 kick

MAIN SET
1x100 swim :30 rest
1x100 kick :30 rest
1x100 IM :30 rest
1x100 pull :30 rest
1x100 swim :30 rest

COOL DOWN
50 easy

TOTAL: 600
WORKOUT #8
BEGINNER

WARM UP
50 kick

MAIN SET
4x25 IM order :30 rest
1x50 pull :15 rest
4x50 IM order :30 rest
1x50 kick :15 rest
4x25 IM order :30 rest

COOL DOWN
50 easy

TOTAL: 600
WORKOUT #9
BEGINNER

WARM UP
50 kick

MAIN SET
1x100 IM
2x50 kick
2x100 swim
2x50 pull
1x100 IM

COOL DOWN
50 easy

TOTAL: 700