



**U.S. MASTERS
SWIMMING**

21 DAYS

TO

**SWIMMING
STRONGER**

ACTION

Are you having trouble coming up with dynamic workouts that produce the results you want? We know how difficult training by yourself can be, but we're here to help. Our 21-Day Swim Stronger program is more than lap swimming done right. It's progressing your swimming ability to gain the results you want in the sport you love.

Swimming correctly takes a lot of effort. Although most of your time during this program will be in the water, we strongly believe in a balanced approach for improvement. That's why we have incorporated recovery days and dryland exercises to support your efforts in the pool. We hope you enjoy this freestyle-focused program and find it challenging in all the right areas.

Don't forget to join our Facebook Group (**USMS 21 Days to Swim Stronger Group**), exclusive to swimmers doing this program. Ask questions, encourage others, share your successes, and most importantly, have fun!

TRAIN

All of our workouts are broken into sets; warm-up, main set, and cool-down are all very important during your workouts. We also explain each set in depth because we want to ensure it felt like you had a coach while you were swimming.

We don't always use send-off times or rest times for each set because improving your technique is more important than worrying about the clock. However, when there is a send-off time or rest time, put an emphasis on tracking your time. Adjust your send-off times as needed. We know swimming isn't a one-size-fits-all sport. When in doubt, we recommend 30 seconds rest between each 100.

We try to call out equipment needs in each workout. If we don't say use fins, try not to use them. If we ask you to try kicking without a kickboard, be a sport, and give it a go—your neck and back will thank you. If you don't have a piece of equipment, no worries. You can usually do the sets without it. Just make sure to stay focused on the right areas.

ORCHESTRATE

This program will require you to engage in it actively. We've provided progressive and strategic swimming workouts, out-of-the-pool exercises, actionable tips, and vital articles/videos to lock and load in that mental space (because we all know that 80 percent of swimming is mental). But, as always, address any physical limitations or concerns you may have with your physician first, and never exercise in pain (if your body needs rest, please don't ignore that). Otherwise, try to stick to the program as best as possible. It's time to dive in. Happy swimming!

DAY 1

GOAL

Breathe more efficiently. Your body uses oxygen as a fuel source, so depriving your body of fuel is a bad idea. Be aware of your breath and ensure your body is getting the fuel it needs. Keep in mind that your need for oxygen will change as you become more efficient and build lung capacity.

THINK

Breathe naturally. Don't gulp or force air down to your lungs. Remember, when you're breathing, your head position rotates, so you're looking at the side of the pool, not down the lane. It's like tracking to the 9 and 3 positions on an analog clock.

PREPARE

 **Common Freestyle Breathing Mistakes**

WARM-UP

400 Freestyle

- 100 - Freestyle, breathe to your weak side
- 100 - Freestyle, breathe every 3, 5, 3, and 5 strokes by 25 with long and loose strokes
- 100 - Freestyle, breathe to your weak side
- 100 - Freestyle, breathe every 3, 5, 3, and 5 strokes by 25 with long and loose strokes

SET

12 x 25s - Freestyle swim

- **1-4** - Freestyle, breathe like you usually would.
- **5-8** - Freestyle, exhale through your nose slowly while your face is in the water, and hum while you do it. This prevents you from forcefully exhaling and gulping at the air when it's time to breathe in. It doesn't matter which side you breathe to. Remember, your mouth should stay closed on the exhale while your face is in the water.
- **9-12** - Freestyle, breathe every third stroke for the first length, breathe every fifth stroke for the second length, every third stroke for the third length, and then every fifth stroke for the last length. Resist the temptation to go back to your regular breathing habits during this set.

3x (50, 100, 150) - Freestyle swim

- Use your new breathing pattern. Stop after each effort to recover and do this Set three times through. The focus is to make sure you're not holding your breath but rather breathing rhythmically. Speed is not critical. The key is to stay consistent with your new breathing pattern.

COOL-DOWN

200 - Nice and easy swim

TOTAL

1800 yards/meters

DAY 2

GOAL

Achieve body alignment and balance.

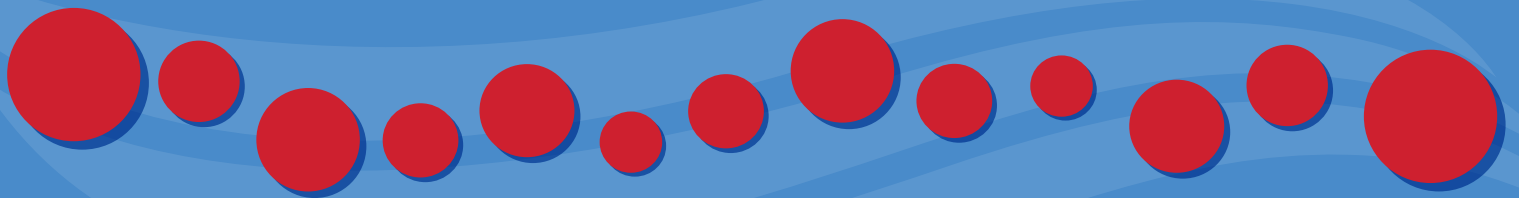
Head and hip positions are critical while swimming. Think about your body swimming through the smallest hole in the water you possibly can. The smaller the hole, the less energy it takes to swim.

THINK

Avoid wiggling your hips. When you breathe, don't pick your head up to get air. Understand that when you pick your head up to breathe, it sinks your hips, creating drag.

PREPARE

▶ 3-Point Drill



WARM-UP

200 - Freestyle pull

2 x 100s - Freestyle -
50 swim/50 kick

4 x 25s - Free, back,
breast, free by 25

COOL-DOWN

200 - Nice and
easy swim

TOTAL

2500 yards/meters

SET

12 x 25s - Drill

- **1-4** - Catch up 3-point drill with fins (see Prepare)
- **5-8** - Head position drill with fins. Start the lap with your head out of the water. As you swim throughout the 25 yards, lower your head position until your chin is down to your chest like you're gesturing a "yes" motion with your head. The idea is not to do what you think is "normal" or "required," but what is the best head position for you when you are not breathing from side to side. You'll notice changes in both your effort and velocity if you're doing this drill correctly.
- **9-12** - Use the most comfortable head position from the previous set and swim this set with your head in this position.

6 x 100s - Freestyle swim

- On 30 seconds rest. Incorporate your new breathing pattern from the Day 1 workout and your new body position skills from today's workout.

2 x (4 x 50s) - Freestyle swim

- Descend (which means you get faster each 50) for 1-3 and swim the fourth one recovery. Again, incorporate your new breathing pattern from the Day 1 workout and your new body position skills from today's workout.

DAY 3

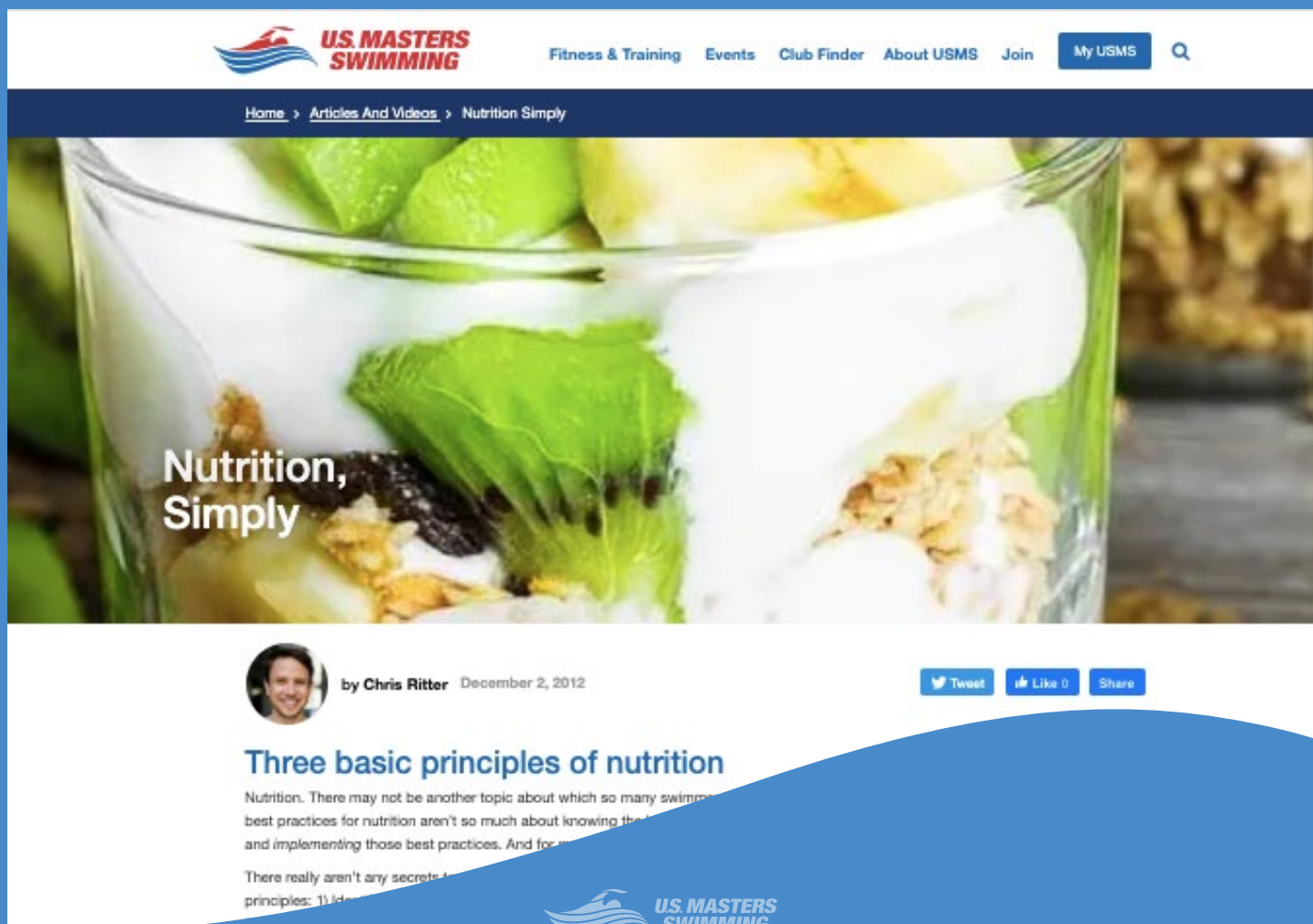
OUT OF WATER RECOVERY

Fuel outside the pool is just as important as the fuel you use in the pool. It's important to take time to allow your body to recover. Honor this day and the work you've put in.

Today is a day to feed your brain with additional nutrition information that'll help your swimming. But most important, acknowledge that you are off to a great start! Way to go, you've got this.

THREE BASIC PRINCIPLES OF NUTRITION

 [Read Nutrition Basics](#)



The screenshot shows the top of a website page for US Masters Swimming. The navigation bar includes links for Fitness & Training, Events, Club Finder, About USMS, Join, My USMS, and a search icon. Below the navigation is a breadcrumb trail: Home > Articles And Videos > Nutrition Simply. The main content area features a large image of a glass filled with yogurt, fruit, and granola. The text 'Nutrition, Simply' is overlaid on the image. Below the image is a byline for Chris Ritter, dated December 2, 2012, with social media sharing buttons for Tweet, Like (0), and Share. The article title 'Three basic principles of nutrition' is displayed, followed by the beginning of the text: 'Nutrition. There may not be another topic about which so many swimmers... best practices for nutrition aren't so much about knowing the... and implementing those best practices. And for... There really aren't any secrets... principles: 1) hydrate...'

DAY 4

GOAL

Maximize propulsion by focusing on your hand path through the water. The key is to create more propulsion earlier in the pull phase, making for more efficient swimming and ultimately leading to swimming freestyle stronger.

THINK

Your hand should enter the water before your elbow, which puts your arm in a natural position to begin pulling with power.

PREPARE

▶ **Tarzan Drill**

▶ **Dog Paddle Drill**

WARM-UP

5 x 100s

- 1 - Freestyle swim easy
- 2 - Swim any stroke other than freestyle
- 3 - Freestyle swim easy
- 4 - Freestyle swim breathing every 3 stroke then every 5 stroke
- 5 - Freestyle kick (no fins and try without a kickboard)

6 x 25s - Freestyle kick

- On 20 seconds rest

10 x 25s - Freestyle swim

- As fast as you can go on one minute
- The goal here is to swim smoothly rather than beat on the water
- 25s allow you to make sure you're focused and not worn out so you can concentrate on technique

SET

6 x 100s - Focus on freestyle stroke by 100

- 1 - Body line
- 2 - Breathing
- 3 - Long strokes
- 4 - Finishing your stroke past your hip
- 5 - Getting faster each 25
- 6 - Sprint

6 x 50s - Drill

- On a minute
- Evens - Tarzan drill (see Prepare)
- Odds - Dog paddle drill (see Prepare)

COOL-DOWN

2 x 100s - Nice and easy swim

TOTAL

2,000 yards/meters

DAY 5

GOAL

Pull all the way through your stroke while continuing to apply pressure. The pitch and position of your hand will change through the pull, but you should still try to keep your hand perpendicular to the direction you're going—or, in other words, up and down, so you're pushing the water behind you.

THINK

Your hand should exit the water at your upper thigh (past your hip bone).

PREPARE

▶ **Swim Freestyle Properly**

WARM-UP

4 x 100s - Freestyle swim

Focusing on technique more than speed

- 1 - Head position
- 2 - Breathe every 3rd stroke
- 3 - Long strokes
- 4 - Finish your stroke past your hip
- 5 - Swim/kick by 25

COOL-DOWN

200 - Nice and easy swim

TOTAL

2000 yards/meters

SET

50 - Choice

- Recovery swim, nice and easy swim with a stroke of your choice

4 x 100s - Freestyle speed

- Freestyle as fast as you can go, but you have to hold the same finish time for each 100
- The interval should be the same as the first
- Make adjustments to your stroke as you swim. For example, change your hand's pitch next to your stroke rate, then your breathing pattern. Only change one thing at a time.

100 - Choice

- Recovery swim, nice and easy swim with a stroke of your choice

4 x 100s - Freestyle

- Descend 1-5 (start slow and get faster with each 100)

50 - Choice

- Recovery swim, nice and easy swim with a stroke of your choice

4 x 100s - Freestyle speed

- Freestyle as fast as you can go, but you have to hold the same finish time for each one
- The interval is typically long on these types of sets, so give yourself approximately two minutes or longer. This will give you some metrics to benchmark off of as you swim these.

DAY 6

OUT OF WATER EXERCISE (AKA: DRYLAND)

Making gains comes in various formats, and dryland exercises - (working out on land) - is an important counterpoint to working out in the water. It helps to strengthen your joints and keep your most-used body parts on point. So -while you spend today out of the water, do this exercise.

EXERCISE

▶ Watch some exercises to help your shoulders



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Dryland Exercises to Help Your Shoulders

CLOSE | X

Shoulder Exercises for Optimal Shoulder Mobility! (Release Shoulder Tension)

Watch later Share Info

▶ SHOULDER EXERCISES!

0:00 / 0:59

Categories: [TECHNIQUE AND TRAINING](#) Tags: [DRYLANDS](#)

YouTube

DAY 7

OUT OF WATER RECOVERY

Take today off from swimming and recover. Rest is a key component of any successful workout. Allow your body time to repair itself. You're going through an adaptation phase in which your body is learning how to handle the new challenge of your swimming workload. A growth mindset allows you to embrace success and recognize any areas that need improvement. Take this as an opportunity to relax, recharge, reflect, and jot down any notes you may have here.

Take this time to think back on the swim workouts you've accomplished so far. What worked? What skills did you conquer? What are you still confused about or struggling with as you swim?

Got questions? We get it.

Ask questions in our Facebook Group (**USMS 21 Days to Swim Stronger Group**)

Or, send them to marketing@usmastersswimming.org, and we'll get to as many as we can.

Don't worry—we're in marketing but have been swimming all our lives. And if you're able to stump us, we'll hit up our USMS-certified coaches to make sure your questions get answered.

DAY 8

GOAL

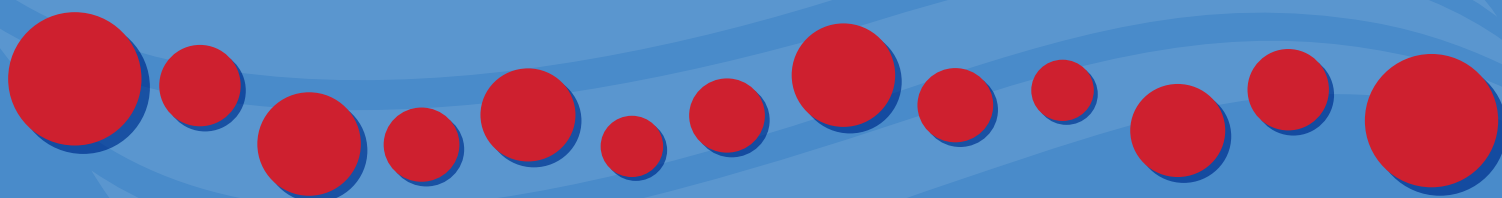
Accelerate your hand as you pull almost as if you're trying to slap your thigh. Pushing water back at the end of your stroke creates a lot of propulsion, so don't pull your hand out early just to speed up how quickly you're taking your strokes.

THINK

Accelerate your hand from your shoulder past your hip.

PREPARE

 **Freestyle Arms**



WARM-UP

2 x 200s - Freestyle

- 1 - Pull
- 2 - Kick

COOL-DOWN

2 x 100s - Freestyle swim nice and easy

TOTAL

1800 yards/meters

SET

12 x 25s - Freestyle swim

- **1-4** - on 20 seconds rest freestyle counting each of your strokes. Make adjustments to lower your stroke count as low as possible without stopping your stroke. Be sure to still focus on your catch. Tip to lower stroke count: Think about the three "R"s as you swim - reach, rotate, and relax
- **5-8** - on 20 seconds rest - freestyle build (get faster as you swim each of the four). You should still count your strokes. Pay attention to how your stroke count increases as you get faster
- **9-12** - on 30 seconds rest freestyle as fast as you can swim it. Focus on only one technique adjustment per 50. Try to perform that technique adjustment better than before. Go for perfection here, and watch what happens to your stroke.

3 x (150, 100, 50) - Freestyle swim

- Stop after each effort to recover for a minute and do three times through.
- The focus is to get faster with each successive effort while being efficient with long strokes and then to put you in the aerobic zone and then into an anaerobic zone for the sprint freestyle. Swim the 150 focused on your technique, 100 at a steady pace, and the 50 as fast as you can.

DAY 9

GOAL

Maximizing your kinetic feel, or how you link each movement and muscle firing sequence together while you swim, is vital. Each swimmer generates power and velocity differently. To achieve a good freestyle stroke, you must “anchor” your hand and forearm so that your hand in a sense enters and exits the water in the same place. Accelerate through your stroke, and let your hands exit ahead of where it entered that water by taking advantage of the momentum to achieve an excellent freestyle stroke. Kicking helps maintain that momentum and prevents “dead spots” in your stroke, or places where you’re not getting any propulsion.

THINK

Don't stop kicking.

PREPARE

🎧 Freestyle 101

WARM-UP

500 - Freestyle swim

Use your new breathing pattern (*Note: You should be using this new pattern for every swim by breathing every third stroke*)

SET

12x25s - Drill

- **1-4** - Modified catch-up with fins. To do this drill, put your left index fingers and thumbs into an “L”-type position and reverse “L” on your right hand, with your thumbs touching your thigh slightly whenever you complete a stroke when your hand exits the water. This slows you down, allowing you to concentrate on your pull and develop better kinesthetic awareness.
- **5-8** - The 3-5 Switch. For this drill, kick five times on your side, then take three strokes and kick five times on your other side. The goal is to rotate through your stroke and be on your side as you kick.
- **9-12** - Descend (get faster with each swim)

8 x 50 - Freestyle kick

- On 20 seconds rest
- Kick 25 underwater and then do a 25 easy swim
** You don't have to kick the entire 25 underwater and you can surface, take a breath, and then go back under!*
- The key to underwater kicking is to kick from your hips. Pretend your knees and ankles are connected with a single rubber band, so your legs move solely by power generated by your hips.

- Remember to kick up and down. Swimmers tend to kick harder down when on their stomachs and harder up when on their backs.

2 x (4 x 50s) - Freestyle kick

- On 20 seconds rest
- Descend 1-3 with 4 being an easy recovery swim
- The key is to adjust your kicking
- How many kicks do you take per stroke for your fastest swims?
- See which kicking pattern helps you beat the clock

4 x 50s - Freestyle

- On 20 seconds rest
- 25 kick/25 swim
- Do this set on your back
- If you don't go anywhere, point your toes
- Another key is to kick up and down as if you're “pawing” back at the water
- Remember to keep your knees under the water

COOL-DOWN 200 - Nice and easy swim

TOTAL 2000 yards/meters

DAY 10

OUT OF WATER RECOVERY

Take the day off from swimming because you deserve it! We all know that swimming is 80 percent mental, so cobwebs, daydreaming, and the monotony of laps on repeat can affect how dialed in we are at any given moment.

It's always a good idea to take some time to reinforce the skills covered in your workouts. These short, easy-to-digest articles will help you do just that. They cue your brain for your next swim session. Allow your mind to soak it up, process things, sync with your body, and achieve that eureka effect.

Oh, and one last thing: You're on Day 10; how awesome is that? Keep up the great work!

IMPROVE

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- 📄 **Five Ways to Improve Your Freestyle**
- 📄 **How to Finish Your Stroke with Power**
- 📄 **These Drills will Strengthen Your Core & Improve Your Kick**



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Five Ways to Improve Your Freestyle



by C...



DAY 11

GOAL

Blending your kick and swim strokes into a synchronous movement. Stop twisting against yourself when you're kicking. Your hips should roll to the side of your body that has the arm out in front. You should also point your toes behind you, so you're kicking with the entire top of your foot as flat as possible. Remember, the more you develop your kick, the easier it'll become.

THINK

For an effective kick, hinge at your hip, not your knees. You derive more power from your upper leg than just your lower leg.

PREPARE

▶ Freestyle Swimming

WARM-UP

4 x 200s - Freestyle

- 1 - Swim easy with new breathing pattern
- 2 - Swim any stroke other than freestyle
- 3 - Freestyle kick
- 4 - Freestyle swim at pace

COOL-DOWN

200 - Nice and easy swim

TOTAL

1900 yards/meters

SET

12 x 25s - Freestyle kick, execute 1-6 below then repeat

- Focus on what sequence keeps your hips and shoulders together
- Start with a quick kick tempo and slower arm tempo
- 1 - 6 kicks per stroke
- 2 - 5 kicks per stroke
- 3 - 4 kicks per stroke
- 4 - 3 kicks per stroke
- 5 - 2 kicks per stroke
- 6 - Sprint

6 x 50s - Freestyle kick

- On a minute
- Take what you learned about hip and shoulder synchronization on the previous set and apply it to these 50s

- Pick the best two kick patterns from the previous set, performing one pattern on the odd-numbered swims and the other pattern on even-numbered swims

3 x 100s - Freestyle kick/swim

- This will get your heart rate up, so take 30 seconds between repeats
- Break each 100 to 25 kick, 50 swim, 25 kick

DAY 12

GOAL

Use your shoulder and hips to power your stroke. When the two work in unison (rotate to the same side), you can drive your body forward as your hand enters the water. However, if you over-rotate by having your hips rotate past vertical (90 degrees), it can cause timing issues and a “wobble” in your stroke. It’s crucial to find the right amount of rotation for you.

THINK

Hip rotation is driven by your core, not by your kick.

WARM-UP

2 x 200s - Freestyle drill(s)

- 1 - Tarzan drill (see Prepare)
- 2 - Hinge drill (see Prepare)

SET

4 x 50s - Freestyle kick

- Fast!
- 15 seconds rest

4 x 100s - Freestyle swim

- 1 - Distance per stroke focusing on driving your hips and shoulders
- 2 - Breathe every third stroke
- 3 - Build by 25
- 4 - Fast

2 x (5 x 50s) - Freestyle swim

- On 30 seconds rest
- This set will go from swimming flat to not flat
- 1 - Swim with your hips and shoulders flat while sweeping your arms across the water as flat as possible
- 2 - Rotate your hips slightly and get your elbows more vertical
- 3 - Rotate your hips and shoulders halfway (45 degrees)
- 4 - Rotate your hips and shoulders to 90 degrees

PREPARE

▶ **Tarzan Drill**

▶ **Hinge Drill**

3 x 100s - Freestyle

- On 30 seconds rest
- Based on what you did above, find your best level of rotation
- This isn’t always what feels “natural,” but what works best
- Remember to experiment with just one variable at a time

COOL-DOWN

200 - Nice and easy swim

TOTAL

2000 yards/meters

DAY 13

OUT OF WATER EXERCISE (AKA: DRYLAND)

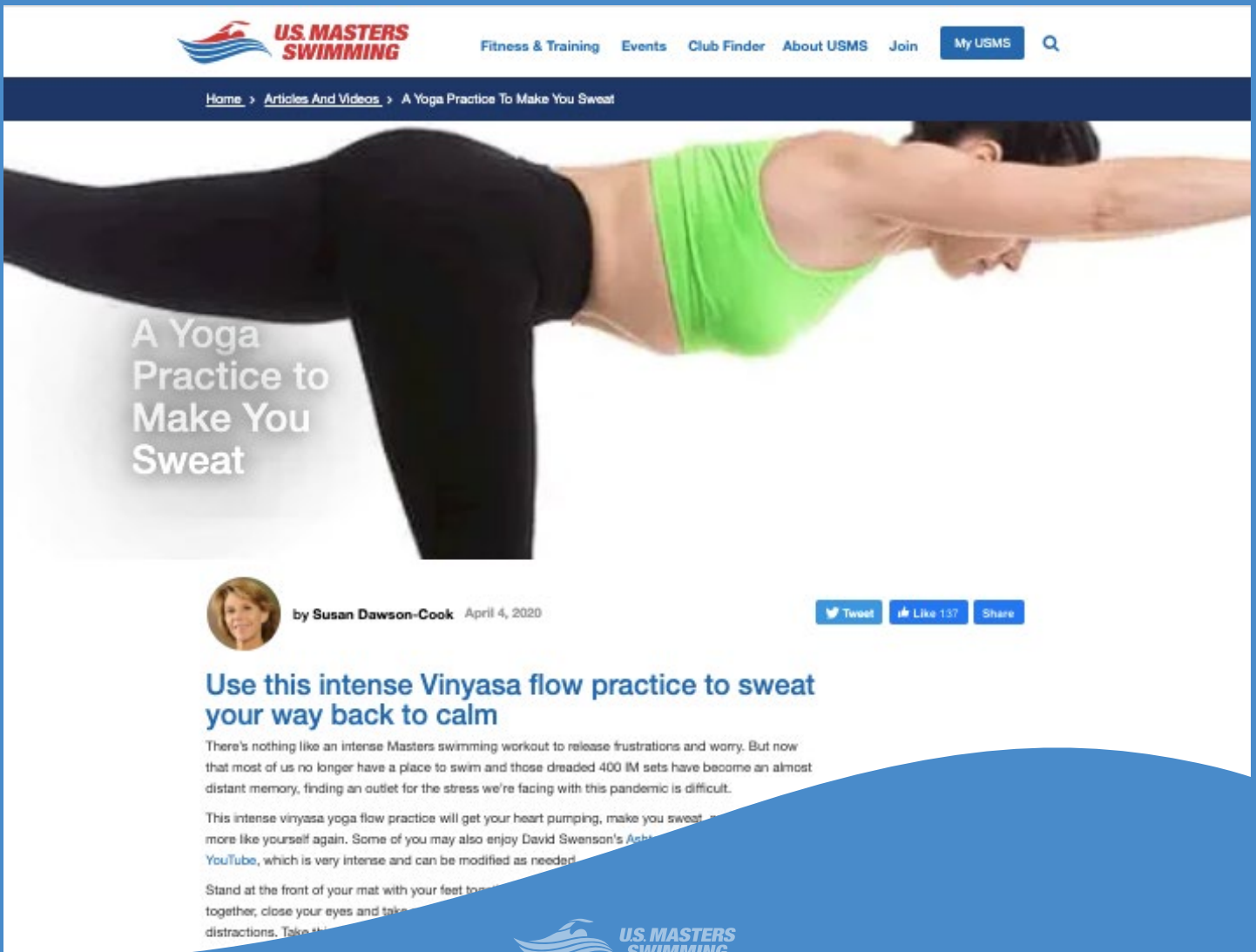
Stretching your major muscle groups is an important part of reducing muscle soreness and fatigue and avoiding injury.

Swimmers often hop right into the water without any stretching, thinking the warm-up will cover it. But how many times have you shortchanged your warm-up due to time limitations?

It's important to stay nimble, and we firmly believe that yoga helps with this overall effort. Give this routine a try.

STRETCH


 **Yoga practices to make you sweat.**



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A Yoga Practice to Make You Sweat

by  **Susan Dawson-Cook** April 4, 2020 Tweet Like 137 Share

Use this intense Vinyasa flow practice to sweat your way back to calm

There's nothing like an intense Masters swimming workout to release frustrations and worry. But now that most of us no longer have a place to swim and those dreaded 400 IM sets have become an almost distant memory, finding an outlet for the stress we're facing with this pandemic is difficult.

This intense vinyasa yoga flow practice will get your heart pumping, make you sweat, and help you feel more like yourself again. Some of you may also enjoy David Swenson's [Achtung Yoga](#) on YouTube, which is very intense and can be modified as needed.

Stand at the front of your mat with your feet together and your arms at your sides. Inhale and lift your arms together, close your eyes and take a few deep breaths. Release any distractions. Take the

U.S. MASTERS SWIMMING

DAY 14

OUT OF WATER RECOVERY

We know that swimming makes you hungry. Yikes, we know, it's a double-edged sword. We took a deep dive into it to see how your body increases its production of ghrelin, a hunger-causing hormone, prompts you to eat with vigor after a good swim. Fuel your body, but first, we've got to fuel our minds.

Fueling your body is important, whether you're exercising or not. It's also important to fill your mind with information that can help you make the most of your workouts. Here are some articles we think will help.

EATING THE CORRECT NUMBER OF CALORIES IS CRITICAL FOR ENERGY LEVELS WHILE TRAINING IN THE WATER.

 [Here's how to find what to eat.](#)

WONDERING HOW MANY CALORIES YOU MIGHT BURN?

 [Start here](#)

GOT A SOLID GAME PLAN WHEN IT COMES TO FUEL? THESE SHOULD HELP YOU DEVELOP ONE.

 [Easy Nutrition, Plan Part 1](#)

 [Easy Nutrition, Plan Part 2](#)



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How to Find
the Right
Amount to Eat



DAY 15

GOAL

Understand what muscle group begins to burn first when you're swimming. This will help you know which area(s) you need to strengthen.

THINK

Close your eyes for a few strokes during each set and think about how the water feels and where applying pressure makes a difference.

PREPARE

▶ **Freestyle Tips**

WARM-UP

5 x 100s - Freestyle

- 50 swim then 50 kick (without a kickboard)

COOL-DOWN

200 -
Nice and easy swim

TOTAL

2000 yards/meters

SET

8 x 25s - Freestyle swim

- 20 seconds rest
- Focus on your new breathing pattern

4 x 100s - Freestyle swim

- 20 seconds rest

4 x 100s - Freestyle swim

- 10 seconds rest

6 x 50s - Freestyle swim

- 5 seconds rest
- These should be an aggressive effort.

DAY 16

GOAL

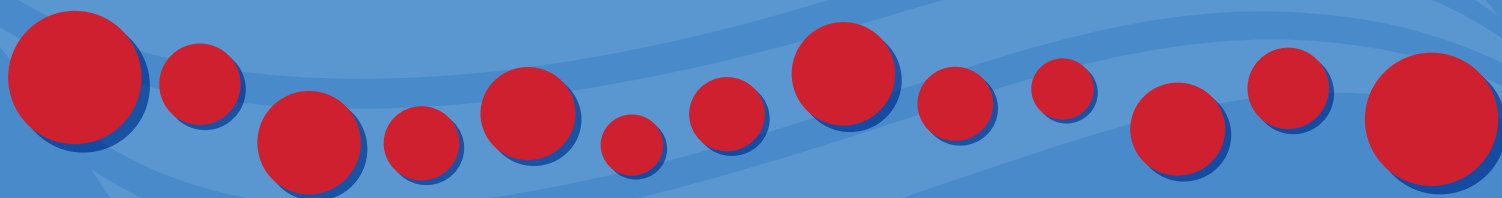
Let your kick drive your workout today. You may get tired quicker, but it will help you recognize what an increased kick does for your stroke.

THINK

Remember to only bend your knees slightly when kicking. If you don't go anywhere, point your toes. Kick up and down as if you're pawing back at the water.

PREPARE

▶ **Get Hip With Your Hips**



WARM-UP

500 - Freestyle swim

- Focus on your new breathing pattern

COOL-DOWN

200 - Nice and easy swim

TOTAL

2000 yards/meters

SET

3 x 100s - Mixed by 25

- 25 kick then 25 swim
- Odds are freestyle
- Evens are choice (anything other than freestyle)

1 x (300, 200, 100)

- On a minute rest
- Pull the 300 and focus on your catch
- Kick the 200
- Swim the 100 fast

8 x 50s

- On 20 seconds rest
- 25 backstroke kick then 25 freestyle swim

DAY 17

OUT OF WATER RECOVERY

It's time to binge-watch!

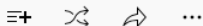
We've got a great selection of videos to assist with developing your freestyle, especially if you are a visual learner. Yes, a bowl of popcorn is totally cool. You've been working hard in the water!

 BINGE WATCH



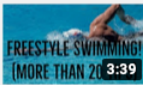
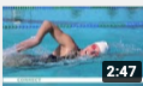
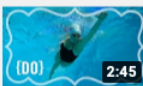


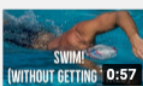
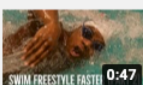
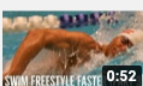
Freestyle Swimming

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U.S. Masters Swimming
-  **How to Swim Freestyle Without Getting Tired! (Great for Triathlon Training)**
U.S. Masters Swimming
-  **Swim Freestyle Faster! (Part 2 of 4)**
U.S. Masters Swimming
-  **Swim Freestyle Faster! (Part 3 of 4)**
U.S. Masters Swimming

DAY 18

GOAL

Performing quick arm turnover to achieve the best stroke rate, cadence, and efficiency. Swimming is about your stroke tempo (how quickly you perform your stroke cycle). The shorter the distance, the higher your stroke tempo should be. When sprinting, you should spin fast through your stroke cycle, meaning you take your strokes rapidly while still being efficient.

THINK

Don't hold your breath when trying to turn over fast. Instead, exhale slowly.

PREPARE

▶ **Freestyle Assessment**

WARM-UP

2 x 200s Swim/kick

- 1 - Freestyle with new breathing pattern
- 2 - Kick without a kickboard
- 3 - Freestyle swim

SET

16 x 25s - Drill

- On 20 seconds rest
- Odds seeing how far you can go in 10 strokes (finish out the 25 nice and easy)
- Evens seeing how quick you can get through 20 strokes (finish out the 25 nice and easy)

8 x 50s - Freestyle swim

- On one minute
- Take what you learned on the previous set and apply it to just a 50 in each group
- Descend 1-3 to about 80 percent of the fastest you can swim with No. 4 easy
- Descend 5-7 to about 90 percent of the fastest you can swim with No. 8 easy
- Descend 9-11 to 100 percent of the fastest you can swim with No. 12 easy

6 x 100s - Freestyle swim

- On one minute rest
- Two fast/one easy

COOL-DOWN 200 - Nice and easy swim

TOTAL 2000 yards/meters

DAY 19

GOAL

Don't let your hips sink in water. This can be done by slightly pushing the crown of your head down in the water. Pivot your head to breathe at your neck. Try to keep one goggle in the water. Don't pick up your head to breathe.

THINK

Keep your head in the right position so that your hips aren't causing you to drag.

PREPARE

 **Freestyle Tips**

WARM-UP

2 x 200s

- 1 - Backstroke
- 2- Freestyle (focus on new breathing pattern)

SET

9 x 50s - Freestyle kick/swim fast by 25

- On 15 seconds rest

2 x 75s - Build by 25 then 25 easy swim

- Stroke other than freestyle

4 x 100s - Freestyle swim

- On 40 seconds rest for the whole 100
- 50 - Fast with five seconds break
- 25 - Easy five seconds break
- 25 - Fast

100 - Recovery swim

- Any stroke

6 x 50s - Freestyle swim

- On 30 seconds rest for the whole 50
- 25 fast with five seconds break
- Then another 25 fast

COOL-DOWN

200 - Nice and easy swim

TOTAL

2000 yards/meters

DAY 20

OUT OF WATER EXERCISE (AKA: DRYLAND)

▶ Start with some stretching

▶ Move to the core

Now pick two!

- 📄 We've provided 20 options so there are lots of choices for your workout today.
- 📄 Refocus in on problem areas. Hip, back, shoulders? Find help here.



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20 Dryland Workouts You Can Do From Home



by **Bo Hickey** March 17, 2020

Try this



DAY 21

GOAL

Finish strong! Each trip down the pool, focus on just one element you worked on during this program. If it's perfect, move on to the next item that needs attention.

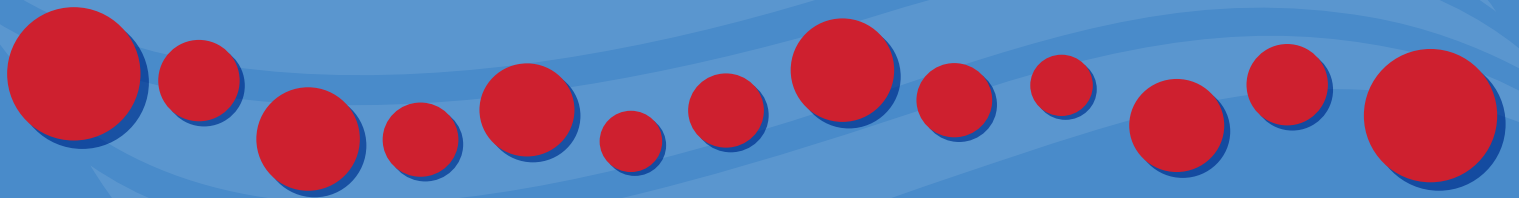
THINK

Push yourself but keep in mind all the skills you've accomplished during these 21 days.

PREPARE

▶ **3-Point Drill**

▶ **Hinge Drill**



WARM-UP

200

3-Point drill (see Prepare)

200

Hinge drill (see Prepare)

100

Freestyle swim

SET

5 x 100s - Freestyle kick/swim

- 25 kick, 25 swim, 25 kick, 25 swim

7 x 100s - Freestyle swim

- Descend your speed 1-5

100 - Easy swim

- Stroke other than freestyle

COOL-DOWN

200 - Nice and easy swim

TOTAL

2000 yards/meters

21DAYS

TO

SWIMMING
STRONGER

DON'T STOP

Congrats. You've done an amazing job with our 21-Day Swim Stronger program! If you walk away with your stroke feeling "different" or "weird," that's a good thing. That means something has changed, and you're on your path to improvement. Many swimmers have done similar USMS programs two or three times until they felt comfortable enough to jump over to our **Workout Library** of more than 1,000 workouts to keep their training progress going. It's all about progress. We wish you well as you continue your swimming journey! Thank you for letting us be a part of it.

