



[www.bactivederby.com/kickstart](http://www.bactivederby.com/kickstart)

## Beginner's swimming programme

You can do this beginner's programme using any stroke. When you are **resting** you can either stand or practice floating. When you are **kicking** you need to use a float – use any kind of kick for these sections.

### Warming up and cooling down

Before each session warm up your muscles, raise your heart rate and get your body ready for exercise. This could be by swimming a few gentle widths or walking in the water.

At the end of each session you should gradually slow down to help your body cool down and decrease your heart rate. Again swim a few cool down widths at a gentle pace or walk in the water.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	2 lengths swimming 2 widths walking 2-minute rest between widths / lengths	Rest	2 lengths swimming 2 widths walking 2-minute rest between widths / lengths	Rest	2 lengths swimming 2 widths walking 2-minute rest between widths / lengths	Rest	Rest
Week 2	3 lengths swimming 2 widths walking 2-minute rest between widths / lengths	Rest	3 lengths swimming 2 widths walking 2-minute rest between widths / lengths	Rest	3 lengths swimming 2 widths walking 2-minute rest between widths / lengths	Rest	Rest
Week 3	4 lengths swimming 4 widths walking 2-minute rest between widths / lengths	Rest	4 lengths swimming 4 widths walking 2-minute rest between widths / lengths	Rest	4 lengths swimming 4 widths walking 2-minute rest between widths / lengths	Rest	Rest
Week 4	5 lengths swimming 4 widths walking 2-minute rest between widths / lengths	Rest	5 lengths swimming 4 widths walking 2-minute rest between widths / lengths	Rest	5 lengths swimming 4 widths walking 2-minute rest between widths / lengths	Rest	Rest



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 5</b>	6 lengths swimming 4 widths walking 2 widths kick 2-minute rest between widths / lengths	Rest	6 lengths swimming 4 widths walking 2 widths kick 2-minute rest between widths / lengths	Rest	6 lengths swimming 4 widths walking 2 widths kick 2-minute rest between widths / lengths	Rest	Rest
<b>Week 6</b>	7 lengths swimming 2 widths walking 4 widths kick 2-minute rest between widths / lengths	Rest	7 lengths swimming 2 widths walking 4 widths kick 2-minute rest between widths / lengths	Rest	7 lengths swimming 2 widths walking 4 widths kick 2-minute rest between widths / lengths	Rest	Rest
<b>Week 7</b>	8 lengths swimming 2 widths walking 1 length kick 2-minute rest between widths / lengths	Rest	8 lengths swimming 2 widths walking 1 length kick 2-minute rest between widths / lengths	Rest	8 lengths swimming 2 widths walking 1 length kick 2-minute rest between widths / lengths	Rest	Rest
<b>Week 8</b>	9 lengths swimming 1 - 2 length kick 2-minute rest between lengths	Rest	9 lengths swimming 1 - 2 length kick 2-minute rest between lengths	Rest	9 lengths swimming 1 - 2 length kick 2-minute rest between lengths	Rest	Rest