

**kick
start**
Supporting you to do your 30 a day



www.bactivederby.com/kickstart

Improvers swimming programme

You can do this improvers programme using any stroke.

When you are **resting** you can either stand or practise 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 lengths at an easy pace.

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 lengths at a easier pace.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	10 lengths swimming 1 length kick 2 minutes rest between lengths	Rest	10 lengths swimming 1 length kick 2 minutes rest between lengths	Rest	10 lengths swimming 1 length kick 2 minutes rest between lengths	Rest	Rest
Week 2	10 lengths swimming 2 lengths kick 2 minutes rest between lengths	Rest	10 lengths swimming 2 lengths kick 2 minutes rest between lengths	Rest	10 lengths swimming 2 lengths kick 2 minutes rest between lengths	Rest	Rest
Week 3	12 lengths swimming 1.45 seconds rest between each length	Rest	12 lengths swimming 1.45 seconds rest between each length	Rest	12 lengths swimming 1.45 seconds rest between each length	Rest	Rest
Week 4	12 lengths swimming 2 lengths kick 1.45 seconds rest between each length	Rest	12 lengths swimming 2 lengths kick 1.45 seconds rest between each length	Rest	12 lengths swimming 2 lengths kick 1.45 seconds rest between each length	Rest	Rest
Week 5	14 lengths swimming 1.30 seconds rest between each length	Rest	14 lengths swimming 1.30 seconds rest between each length	Rest	14 lengths swimming 1.30 seconds rest between each length	Rest	Rest

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6	14 lengths swimming 4 lengths kick	Rest	14 lengths swimming 4 lengths kick	Rest	14 lengths swimming 4 lengths kick	Rest	Rest
Week 7	16 lengths swimming 1.15 seconds rest between each length	Rest	16 lengths swimming 1.15 seconds rest between each length	Rest	16 lengths swimming 1.15 seconds rest between each length	Rest	Rest
Week 8	16 lengths swimming 4 lengths kick 1.15 seconds rest between each length	Rest	16 lengths swimming 4 lengths kick 1.15 seconds rest between each length	Rest	16 lengths swimming 4 lengths kick 1.15 seconds rest between each length	Rest	Rest
Week 9	18 lengths swimming 1 minute rest between each length	Rest	18 lengths swimming 1 minute rest between each length	Rest	18 lengths swimming 1 minute rest between each length	Rest	Rest
Week 10	18 lengths swimming 4 lengths kick 1 minute rest between each length	Rest	18 lengths swimming 4 lengths kick 1 minute rest between each length	Rest	18 lengths swimming 4 lengths kick 1 minute rest between each length	Rest	Rest