




JUST
KEEP
SWIM



Think that swimming is just about doing endless lap-after-lap in the pool, or that it's a sport only reserved for, well, swimmers and triathletes? Well, you thought wrong: Just like any other sport, you can put together excellent workout routines that can not only make you fitter and stronger, but they can help you excel at your other favourite sports too, from cycling and yoga to strength training. And what better time to dive into a gloriously refreshing pool than the long, hot summer? We turned to the experts at Speedo for these water-licious programmes...

By Yi-Hwa Hanna

IMMING

SWIM: YOGA

SHOULDER FLEXION FLEXIBILITY

Created for Speedo in collaboration with Cameron McEvoy, a commonwealth champion and the 5th fastest 100m swimmer in history, and actress, model and yogi, Hope Lin.

By isolating the arms and using training aides for added resistance, this plan is great for developing shoulder strength and flexibility, which will allow you to stretch further into certain yoga poses, such as the bow and the locust.

EXERCISE 1

SWIM

4x50m FRONT CRAWL PULL

Take 30 secs rest between each. Focus on stretching forwards as the hand enters the

water, and keeping your elbow high as you pull through the water.

USE: A pullbuoy.
Want an extra challenge?
Try using paddles to increase resistance.

YOGA

3mins [1.5 mins each side]

EAGLE

POSE - GARUDASANA

Breathing Breath slowly in and out in a consistent rhythm.

Directions From standing, bend left knee over right leg and wrap right arm under left arm. Repeat on other side.

EXERCISE 2

SWIM

3x100m FINGER PADDLE BREASTSTROKE

Directions Take 30 secs rest between each. Full stroke swim aiming to stretch and glide on every stroke.

USE: Finger Paddles.

YOGA

2mins [1 min each side]

COW FACE

POSE - GOMUKHASANA

Breathing 5 deep breaths in and out on each side.

Directions Starting with a seated position, place your right knee over your left knee with your left arm behind your back, gripped by your right arm over your right shoulder. Repeat on other side.

EXERCISE 3

SWIM

6x50m

FRONT CRAWL SWIM

Directions Take 20 secs rest between each.

Want an extra challenge?

Try increasing the total number of reps here to 10.

YOGA

9mins [3 mins each]

LOCUST

POSE

-SALABHASANA

Breathing With shoulder and chin facing up, inhale deeply, raising your chest. Repeat 5 times. Rest for 3 breaths with your shoulder and chin facing down.

Directions From a lying position, place your feet together and keep your legs straight. Interlace your fingers behind your back and above your buttocks.

EXERCISE 4

SWIM

3x100m

BACKSTROKE AND FRONT CRAWL

Directions Take 20 secs rest between each. Alternate 50 backstroke, 50 front crawl. Focus on shoulder rotation and extending your arm when your hand enters the water.

SWIM: YOGA

HIP FLEXION

Created for Speedo in collaboration with Cameron McEvoy, a commonwealth champion and the 5th fastest 100m swimmer in history, and actress, model and yogi, Hope Lin.

Featuring a variety of kicking drills, this plan will enable you to focus on greater hip movement, meaning you'll feel the benefits in your butterfly and garland poses.

EXERCISE 1

SWIM

4x100m FRONT CRAWL PULL

Take 30 secs rest between each. Concentrate on hip rotation.

USE: A pullbuoy.

YOGA

2mins

GARLAND POSE - MALASANA

Breathing Keep breathing in and out with long, deep breaths.

Directions Sit in a squatting position with knees and feet aligned when feet are pointing outwards. Keep elbows placed against the inside of the knees.

EXERCISE 2

SWIM

4x100m FRONT CRAWL AND

BREASTSTROKE KICK

Directions Take 30 secs rest between each. Alternate 50m front crawl, 50m breaststroke.

USE: A kickboard.

YOGA

3mins BUTTERFLY POSE -

BADDHA KONASANA

VERSION 1 [40 - 60 times]

Breathing Normal breathing, in and out.

Directions Sit in the base position with your back straight. Bend your knees and keep the soles of your feet touching and your heels as close to your body as possible. Clasp your feet and keep bouncing your knees up and down.

VERSION 2 [20 - 30 times]

Breathing Breathe in with your chest held high, then exhale gently whilst pushing down on your knees.

Directions As per version 1, but place your hands on your knees instead of clasping your feet.

EXERCISE 3

SWIM

4x50m FRONT CRAWL

Directions Take 10 secs rest between each.

Focus on a strong leg kick with controlled arm speed.

YOGA

5mins [2.5 mins each]

WIDE ANGLE FORWARD

BEND

Breathing Breathe in with your chest held high. Exhale while folding your body forwards from the hip. Take deep breaths in and out before inhaling and moving your body back up to its original position. Release your hands to the side.

Directions Sit with your legs spread apart as wide as possible. Stretch all your toes, making sure they point towards you. Keep your back straight and link your fingers behind your back. Bend forward from the hip.

YOGA

9 mins [3 mins each]

BOW POSE - DHANURASANA

Breathing With your chest and chin raised, take 5 deep breaths in and out. Lower your legs, chest and head, and lie on your stomach. Face one side and rest for 3 breaths in and out.

Directions From a lying position on a yoga mat, bend your knees with them at hip width apart. Then, grab your ankles.

SWIM: STRENGTH

CORE STRENGTH

Created for Speedo in collaboration with Cameron McEvoy, a commonwealth champion and the 5th fastest 100m swimmer in history, and actress, model and yogi, Hope Lin.

A combination of tough kick exercises and ab-busting yoga positions will help develop your core strength and stability, providing a boost to your ab definition and a great base for more technical yoga poses.

EXERCISE 1

SWIM

200m FRONT CRAWL KICK

Focus on keeping your abs tight and kicking from the hip.

YOGA

2 mins PLANK POSE

Breathing Breathe in with your chest held high and exhale while folding your body forwards. Take deep breaths in and out before inhaling and move your body back up to its original position.

Lie down with belly side down and place hands shoulder width apart. Lift your torso and legs off the floor, putting all weight on your toes and elbows. Hold your core in, making sure your buttocks do not drop down by keeping your thigh muscles engaged.

EXERCISE 2

SWIM

3x150m KICK

Take 45 secs rest between each. First 150m front crawl kick without a board. Second 150m as 75 Front Crawl kick, 75 butterfly kick on your back. For the third 150m, do a backstroke kick.

YOGA

2 mins [1 min each side]

PLANK POSE

Breathing Inhale while raising your right arm behind your back, making sure you hold the core muscles in. Take 5 deep breaths, then exhale placing your right arm back down. Repeat with your left arm.

Directions Lie down with belly side down and place hands shoulder width apart. Lift your torso and legs off the floor, putting all weight on your toes and elbows. Hold your core in making sure your buttocks do not drop down, by keeping your thigh muscles engaged.

EXERCISE 3

SWIM

4x100m FRONT CRAWL

SWIM

Take 30 secs rest between each. Focus on maximum distance per stroke and a stable body rotation.

YOGA

5 mins

BOAT POSE - NAVASANA

PART 1 [10 times]

Breathing Inhale with your chest and legs up. Hold your core muscles and thigh muscles with your hands and toes on shoulder level. Count for 10 seconds then exhale, letting your legs and shoulders down. Relax for 2 breaths.

PART 2 [5 times]

Breathing Inhale raising your hands and legs up above shoulder level. Then exhale, lowering your legs and shoulders, but never allowing them to touch the mat.

Directions Lie on the yoga mat, placing your feet together and hands side by side.



SWIM: STRENGTH

LEG STRENGTH

Created for Speedo in collaboration with Cameron McEvoy, a commonwealth champion and the 5th fastest 100m swimmer in history, and actress, model and yogi, Hope Lin.

Exercises that isolate the legs, vary the kick motion and add resistance will help build leg strength. Coupled with flexibility poses, this ensures a great all-over workout.

EXERCISE 1

SWIM

200m FRONT CRAWL KICK
Alternate 50 steady and 50 fast. Hands out in front in the streamline position

YOGA

5mins DOWNWARD FACING DOG POSE - ADHO MUKHA SVANSANA
Breathing Keep breathing in and out whilst stretching your back and buttocks.
Directions With hands shoulder width apart, feet hip width apart and palms flat on the ground, hold your core

muscles and engage your thigh muscles, pressing your heels down.

EXERCISE 2

SWIM

4x50m FRONT CRAWL KICK WITH FINS
Take 20 secs rest between each.

USE: Fins & Kickboard.

YOGA

2mins FORWARD BENDING
Breathing Keep breathing in and out for 2 minutes
Directions Standing with feet hip width apart, extend your arms behind your back and interlace your fingers. Breathe in, keeping your chest open. When exhaling, bend forward whilst raising your arms behind your back.

EXERCISE 3

SWIM

4x50m BREASTSTROKE
Directions Take 20 secs rest between each. Reduce number of strokes by 1 on each 50m.

YOGA

3mins [1 min each]

WIDELEGGED FORWARD BEND - PADOTTANSANA

Breathing Inhale with your chest up, then exhale whilst bending forward with your thigh muscles engaged. Take 5 deep breaths in and out; inhale and relax for 2 breaths.
Directions From standing, keep your legs about 3 to 4.5 feet apart and your back straight, then interlace your fingers behind your back.

EXERCISE 4

SWIM

200m FRONT CRAWL AND BREASTSTROKE
100m Front Crawl followed by 100m Breaststroke
16 mins [2 mins each]

EXERCISE 4

YOGA

16 mins COUNTER BRIDGE
Breathing Breathe in slowly and push your hip up. When exhaling, slowly bring your upper back, middle back and hip down.
Directions Lie down on the yoga mat and bring your ankles towards your buttocks. Both hands can touch the heels.

SWIM: CYCLE

THE BREATHING PYRAMID

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8x Swimming World Record Holder.

A set to build your lung capacity. Longer distances combined with breathing control will help you work harder for longer when it comes to your ride.

WARM UP

1. 200m
Front crawl
2. 100m
50m front crawl legs
50m back stroke legs
USE: A kickboard
Repeat warm-up 2 times.

MAIN SET

3. 150m
Front crawl
Adjust breathing pattern by length:
Breathing every 3 for the first 25m, then, every 5, 7, 9, 7, 5 thereafter.
Repeat 6 times.
Want an extra challenge?
Try increasing your speed on each rep, so the last 150m is the fastest.
30 Seconds Rest.
4. 200m
Front crawl
Breathing every 5 strokes throughout.
Not got as much time? Cut the main set down to 3 or 4 reps of 150m.

WARM DOWN

5. 300m
100m Breaststroke
100m front crawl
100m backstroke

TOTAL DISTANCE:
2000M.

SWIM: CYCLE

RICHIE'S LEG BURNER

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8x Swimming World Record Holder.

A session to build strength in your legs. By increasing resistance by set you'll have to power through the lactate—like a tough hill climb.

WARM UP

1. 200m front crawl
20 seconds rest
2. 100m 50m front crawl
50m backstroke
20 seconds rest
3. 100m front crawl pull
Use: Apullbuoy.

MAIN SET

4. 50m front crawl kick
Use: A kickboard
Repeat 4 times
Not got as much time?
Cut the repetitions of 4x50 in the main set down to 1 or 2.
20 seconds rest



Repeat all elements 3 times.

5. 100m front crawl
30 seconds rest
Repeat all elements 3 times.

6. 200m front crawl
Do this aiming to travel the maximum distance underwater off each turn.
Hold streamlined position off each push-off.

WARM DOWN

7. 300m
100m breaststroke,
100m front crawl,
100m breaststroke

TOTAL DISTANCE:
1900M.





SWIM: CYCLE

BROKEN 400 ENDURANCE TEST SET

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8x Swimming World Record Holder.

A great set for testing endurance. Keep track of your total 400m times and compare within the session and to others to see how you are progressing.

WARM UP

1. 200m

Front crawl

2. 100m

Front crawl front crawl kick

Use: A kickboard.

MAIN SET

3. 50m

Aiming to find the pace you'd like to swim at on the time trial. Repeat 4 times.

4. 100m

Front crawl

Aiming to swim at a 400m pace.

Repeat 4 times.

20 seconds rest.

5. 200m

Front crawl

Hold the same pace as the 100s.

Repeat 2 times.

6. 400m

Front crawl

As fast as possible

Want a tougher challenge?

Try adding in an 8x50 at the start too.

Or how about doing it as a broken

800m instead?

WARM DOWN

7. 300m

100m backstroke kick,

100m breaststroke,

100m front crawl

TOTAL DISTANCE:
2000M



THE CLASSIC HUNDREDS TEST

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8x Swimming World Record Holder.

A heart rate threshold session designed to show your fitness levels and push your endurance. Try putting this into your programme at regular intervals (e.g. monthly) and compare your times as a gauge of fitness throughout the season.

WARM UP

1. 200m front crawl

2. 100m backstroke

3. 100m front crawl

Use: A pullbuoy.

MAIN SET

4. 50m front crawl

Increase speed on each rep so that the last 50 is at 85% of your maximum intensity.

Repeat 4 times.

20 seconds rest.

5. 100m front crawl

Aim to maintain your fastest average speed through all 8 reps. Heart rate should be

between 160 and 180

Repeat 8 times.

45 seconds rest.

Not got enough time?

Adjust the number of repetitions in

the main set but be sure to maintain

the intensity.

WARM DOWN

6. 300m

100m backstroke kick,

100m breaststroke,

100m front crawl

TOTAL DISTANCE:
1500M



SWIM: CYCLE

POST RIDE RECOVERY SESSION

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8x Swimming World Record Holder.

After a tough ride there's no better sport for relaxation. With a mix of steady swimming and flotation drills.

WARM UP

Remember to drink lots of water and stretch before you get in

1. 200m

Front crawl

20 seconds rest.

2. 200m

Front crawl kick

Use: A kickboard

20 seconds rest.

3. 100m front crawl

Use: A pullbuoy.

20 seconds rest.

4. 100m backstroke

20 seconds rest.

MAIN SET

5. 50m

Front crawl

As 25m skull/25 kick on

back hands by side

Repeat 6 times.

20 seconds rest.

6. 100m

Front crawl

As 25 easy, 25 fast, repeat.

Repeat 2 times.

30 seconds rest.

Find yourself sinking?

Skull with a pullbuoy for added

buoyancy and make sure your

palms face the way your hands

are moving.

7. 100m

Easy front crawl

8. 100m

Fast front crawl

WARM DOWN

9. 200m

100m breaststroke,

100m double arm

backstroke.

TOTAL DISTANCE:
1500M

Fitness

SWIM: CYCLE

SHAKE IT OFF

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8 x Swimming World Record Holder.

Use this to shake off the aches and pains of a hard ride. Quick, relaxing, painless—that's what you can expect from this session.

WARM UP

1. 200m

Front crawl
20 seconds rest.

2. 200m

Back stroke kick

Hands by your side

Keep your head back so that your ears are under water.

MAIN SET

3. 50m

Front crawl kick

Do this steady.

Use: A kickboard
Repeat 8 times.
20 seconds rest.

4. 50m

Backstroke pull

Use: A pullbuoy.

Repeat 6 times
20 seconds rest.

5. 100m

Easy front crawl

6. 100m

Breaststroke

Aim to stretch out on each stroke, gliding for the maximum distance possible.

WARM DOWN

7. 200m

100m breaststroke,
100m double arm backstroke

TOTAL DISTANCE:
1500M



INTENSITY TRAINING

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8 x Swimming World Record Holder.

This session varies the levels of intensity you are working at. The speed gets quicker but distances don't change so will help with your endurance.

WARM UP

1. 200m

Front crawl

2. 100m

Backstroke

Repeat all elements 2 times

MAIN SET

4. 200m

Front crawl

Repeat 2 times.
30 seconds rest.

5. 100m

Front Crawl

Repeat 2 times.
20 seconds rest.

Repeat all elements 2 times.



T20 TEST SET

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8 x Swimming World Record Holder.

A time trial test session designed to push your maximum average pace and act as a gauge of fitness. Compare your distances throughout the season to see how you are progressing.

WARM UP

1. 200m

Front crawl

2. 100M

Front crawl Kick

Use: A kickboard

3. 50M

Front crawl

Aiming to find the pace you'd like to swim at on the time trial
Repeat 4 times

MAIN SET

4. 20 minutes of continuous swim

Front crawl

Aim to swim the maximum distance possible within the period. Take rest and mix up strokes where necessary.
Ask a friend to track your laps or you could use the Misfit Speedo Shine to do it for you!
Not got enough time?
Adjust the time trial period accordingly.

WARM DOWN

5. 300m

100m backstroke kick,
100m breaststroke,
100m front crawl.

Second time around, aim to go faster than the first set. 5-10 secs quicker per hundred is a good base to work off of.

6. 50m

Front crawl kick
Repeat 6 times

Use: A kickboard
15 seconds rest.

WARM DOWN

7. 200m

100m Backstroke,
100m Front Crawl

TOTAL DISTANCE:
2800M



SWIM: CYCLE

A LUNG BUSTING MILE

Created for Speedo in collaboration with Richie Porte, Top International Professional Cyclist, and Mark Foster, 8 x Swimming World Record Holder.

A set to build your lung capacity: Reduced breathing over sustained distances will help your endurance when you're out in the saddle.

WARM UP

1. 200m

Front crawl

2. 100m

50m front crawl kick

Use: A kickboard

50m backstroke kick

Hands by your side

MAIN SET

3. 300m

Front crawl

Breathing every 3 strokes.

Want an extra challenge?

Try and hold the same pace throughout the set.

30 seconds rest

4. 150m

Front crawl

Breathing every 5 strokes.

Repeat 2 times.

20 seconds rest.

5. 75m

Front crawl

Breathing every 7 strokes.

Repeat 4 times.

20 seconds rest.

6. 25m

Front crawl

1 breath only per length

Repeat 6 times.

30 seconds rest.

WARM DOWN

7. 300m

100m front crawl,

100m breaststroke,

100m front crawl.

TOTAL DISTANCE:
1650M