

DISCLAIMER

Before you begin this exercise program or any of the exercises prescribed within, you must get your doctor/physician's approval.

This product are for informational and educational purposes only and are not meant as medical advice, nor a substitute for medical advice. The exercises and program are designed for individuals 18 years of age or older, those able to swim 200 meters or 200 yards freestyle without assistance, and those able to get in and out of the pool under their own power without the assistance of stairs, ladders, automatic lifts, nor with the assistance of another person or similar method.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge XSWIMFIT LLC and its stakeholders from any and all claims or causes of action, known or unknown, arising out of XSWIMFIT LLC's negligence.

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As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

(2R/2L) = 2 reps with
right side followed
by 2 with left

BB1.1 = Poolcard Group (BB = Building a Base),
Number (1) and
Page Number (.1)

XSWIM

X BUILDING A BASE 1.1 (BB1.1)

X BB1.1

1. Warm Up

3x50 free (Sw1), 60%, 0:05 rest
at ea 50, 4 reverse lunges (2R/2L) (LB1)

3x50 = 3 repetitions of 50
meters (or yards)



step backward

1x100 free stroke count x25 (SD1), 60%, 0:10 rest
goal: low stroke count, stretch it out

(SD2) = exercise number
(Swim Drill Exercises 2)

1x100 free kick (SD2), free swim x25, 60%, 0:10 rest



kick

kick on side
alternate sides
every 6 kicks



swim

Poolcard section

2. X Set Endurance

1x50 free, 60%, 0:05 rest

30 knee up crunches (C1)



chin up

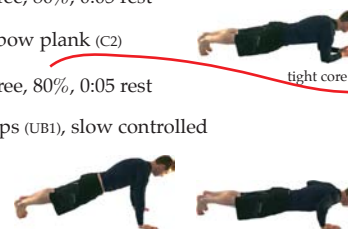
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2x50 free, 80%, 0:05 rest

1:00 elbow plank (C2)

3x50 free, 80%, 0:05 rest

8 push ups (UB1), slow controlled



tight core

80% = level of effort
(see level of effort guide)

4x50 free, 80%, 0:05 rest

8 push ups, slow controlled

3x50 free, 80%, 0:05 rest

1:00 elbow plank

2x50 free, 80%, 0:05 rest

30 knee up crunches

1x50 free, 80%, 0:05 rest

rest 0:30

x = end of section

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free breath control (3,5 x25) =
breath every 3 strokes on first
lap (25 yards or meters), every 5
strokes on second lap then
repeat

free, back x25 = alternate
freestyle and backstroke
by each lap (25 yards or
meters)

T+5 = threshold pace plus
0:05 (threshold pace is determined in the
first "TEST" workout, T1)

1. Warm Up

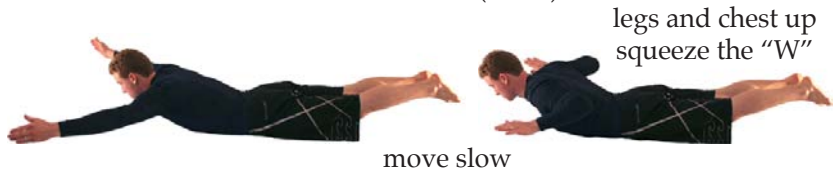
1x200 reverse IM (free, breast, back, fly) x25 (Sw7), 60%, 0:10 rest



1:00 elbow plank (C2)

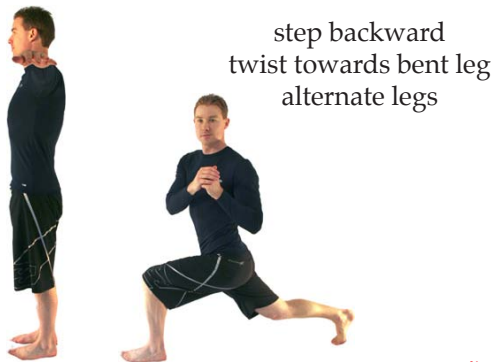
2x50 free, T+15

20 "Y" to "W" back extension (UB10) ^{tight core}



2x50 breast, free x25, T+15

20 alt reverse lunges w/ twist (LB28)



2. X Set Endurance

1x100 free, h/u free x25, 80%, 0:05 rest

at ea 25: 0:10 one leg plank (C18), hold breath during plank (alternate legs at each 25)

2x100 free, T+5



repeat 3x (total of 4 rounds: 1x100 w/ one leg plank at ea 25, 2x100s) x

3. X Set Agility

5 burpees w/ push up (WB1)



2x25 h/u free, T

10 lateral leap frogs (5R/5L) (LB17)



land soft
use light feet

jump to side

rest 1:00

repeat 1x (5 burpees w/ push up, 2x25s, 10 lateral leap frogs) x

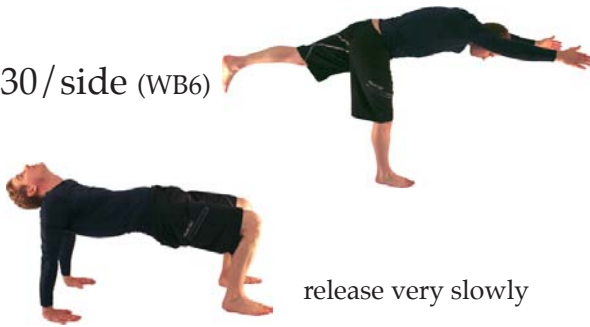
4. X Set Balance

1x200 free breath control (breath every 3 strokes), 80%, no rest

1:00 warrior III, 0:30 / side (WB6)

4x50 free, T+15

1:00 table (WB7)



release very slowly

5. X Set Flexibility

1:00 lying knee hold stretch, 0:30 / side (St6)

1:00 lower back leg cross over stretch, 0:30 / side (St29)

1:00 foot to chest hip stretch, 0:30 / side (St40)



1:00 lying hamstring stretch, 0:30 / side (St41)

1:00 low lunge pose, 0:30 / side (St20)

1:00 leg out adductor stretch - toes up, 0:30 / side (St55)



0:40 reach up lat stretch (St39)

1:00 standing side stretch, 0:30 / side (St26)

1:00 one arm shoulder stretch, 0:30 / side (St11)

1:00 standing tricep stretch, 0:30 / side (St14)



Stretch any additional trouble spots, 0:30 ea x