

## 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.

By viewing this product, the reader and/or viewer does hereby acknowledge that it is your sole responsibility to review this Disclaimer and any other disclaimer or waiver.

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
<p><b>1. Warm Up</b></p> <p>3x50 free (Sw1), 60%, 0:05 rest at ea 50, 4 reverse lunges (2R/2L) (LB1)</p>  <p>step backward</p> <p>1x100 free stroke count x25 (SD1), 60%, 0:10 rest goal: low stroke count, stretch it out</p> <p>1x100 free kick (SD2), free swim x25, 60%, 0:10 rest</p>  <p>kick</p>  <p>swim</p> <p>kick on side alternate sides every 6 kicks</p>	<p>2x50 free, 80%, 0:05 rest</p> <p>1:00 elbow plank (C2)</p>  <p>tight core</p> <p>3x50 free, 80%, 0:05 rest</p> <p>8 push ups (UB1), slow controlled</p>  <p>4x50 free, 80%, 0:05 rest</p> <p>8 push ups, slow controlled</p> <p>3x50 free, 80%, 0:05 rest</p> <p>1:00 elbow plank</p> <p>2x50 free, 80%, 0:05 rest</p> <p>30 knee up crunches</p> <p>1x50 free, 80%, 0:05 rest</p> <p>rest 0:30</p>	<p>80% = level of effort (see level of effort guide)</p> <p>x = end of section</p>
<p><b>2. X Set Endurance</b></p> <p>1x50 free, 60%, 0:05 rest</p> <p>30 knee up crunches (C1)</p>  <p>chin up</p> <p>www.xswimfit.com</p>		

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

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

Poolcard section

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

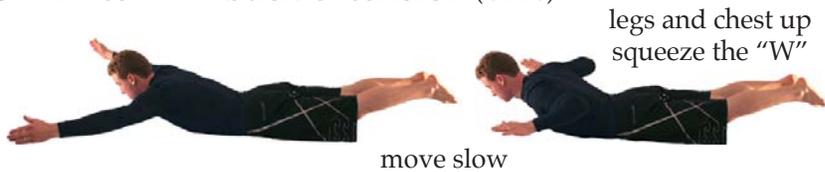


1:00 elbow plank (C2)



2x50 free, T+15

20 "Y" to "W" back extension (UB10) **tight core**



legs and chest up  
squeeze the "W"

move slow

2x50 breast, free x25, T+15

20 alt reverse lunges w/ twist (LB28)



step backward  
twist towards bent leg  
alternate legs

x

## 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



tight core

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)



Low Impact Modification:  
do not jump; stand tall,  
arms up over head straight

land softly



jump



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