

## 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

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

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

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)

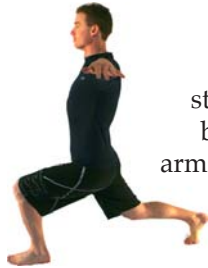
T+5 = threshold pace plus  
0:05 (threshold pace is determined in the  
first "TEST" workout, T1)

## 1. Warm Up

2x50 freestyle swim (free), 60%, 0:15 rest

free

10 reverse lunges (5R/5L)



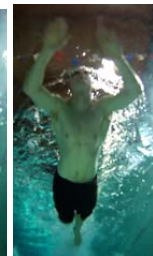
step backward  
back straight  
arms shoulder level



1x50 sculling, free x25 (25 scull, return 25 freestyle swim), 60%, 0:05 rest

sculling

light kick  
head up



hands move  
in & out

1:00 elbow plank

legs straight



tight core

spine aligned

elbows under shoulders

1x50 sculling, free x25, 60%, 0:05 rest

10 reverse lunges (5R/5L)

2x50 free build x50, build, 0:10 rest

build =  
start slow, end fast

x

## 2. X Set Endurance

2x50 free, 80%, 0:10 rest

10 push ups, no rest

hands slightly wider than shoulders  
tight core  
controlled, pause at bottom and top



2x50 free, 80%, 0:05 rest

10 push ups, no rest

3x50 free, 80%, 0:05 rest

20 knee up crunches, no rest

elbows behind ears  
do not pull head up  
lift shoulders



chin up

squeeze abdominals  
hold briefly

3x50 head up (h/u) free, free x25, 80%, 0:05 rest



head up free - fast arms and kick  
shorter strokes

20 knee up crunches, no rest

2x50 h/u free, free x25, 80%, 0:05 rest

10 "Y" squats, no rest

back straight  
arms straight  
head up  
brief hold at bottom



2x50 h/u free, free x25, 80%, 0:05 rest

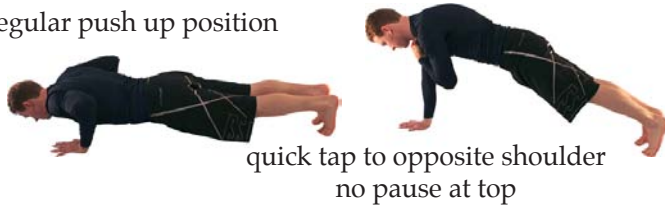
10 "Y" squats, no rest x

### 3. X Set Agility

1x25 free, SPRINT, no rest

8 shoulder tap push ups (L=1, R=1), 0:30 rest

regular push up position



1x25 free, SPRINT, no rest

8 shoulder tap push ups (L=1, R=1), 0:30 rest

1x50 free, SPRINT, no rest

20 squat jumps

back straight  
head up



land softly

immediately  
start next rep

low impact modification: do not jump;  
stand tall, replace jump with quicker repetitions x

### 4. X Set Balance

1:00 oblique elbow plank, 0:30/side

tight core

spine aligned

elbow under shoulder

stack foot

tip: pad under elbow and foot

1x50 sculling, free x25, 80%, 0:05 rest

1:00 one leg balance knee hold, 0:30/side

stand tall straight back  
foot flat  
slight bend in standing leg



1x50 sculling, free x25, 80%, 0:05 rest

1x100 free breath control (3 alt sides - balanced breathing)

(3 alt sides = alternate breathing on each side every 3 strokes), 60%, 0:15 rest

1:00 "T" back prone

lift & hold

lift legs and shoulders  
head neutral  
use pad



1x50 free breath control (3 alt sides - balanced breathing),  
60%, 0:15 rest

10 "Y" back extensions (C14)

thumbs up

use pad

hold 2 sec/rep

lift legs and shoulders  
head neutral

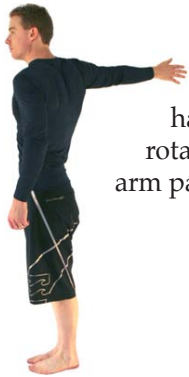


1x50 free, 60%, 0:15 rest x

## 5. X Set Flexibility

1:00 one arm chest stretch, 0:30/side

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



hand on wall  
rotate body away  
arm parallel to ground



thumb up  
arm parallel to ground

1:00 side neck stretch, 0:30/side

1:00 quad stretch - standing, 0:30/side



hands behind back  
drop head to side  
do not look down



stand tall  
pull foot away from buttocks  
push hip forward

1:00 one leg sitting hamstring stretch, 0:30/side



back straight  
leg straight  
bend at hips

0:40 abdominal stretch, 0:30/side



legs on ground  
chest forward  
use arms for tension

Stretch any additional trouble spots, 0:30 ea x