Interval Swimming Program

Prior to returning to swimming you must have full range of motion and full strength in the rotator cuff and scapular muscles. Your range of motion must be pain-free when performing the swimming stroke(s). It is usually best to start with the breaststroke and progress to the crawl stroke second, followed by the backstroke and finally the butterfly stroke. You should first establish a slow steady cadence concentrating on perfect swimming technique building to a reasonable distance (1000 yards). After this, you can start to increase your swimming speed as long as you are pain-free. At the same time, you can then add a second stoke and build up according to the interval program. Additional strokes can be added, as needed according to your program needs. Remember that as total swimming distance increases, the risk of overuse injury becomes greater. The recommended swimming frequency is three times per week with a days rest between sessions. Do not progress to the next part of a step if there is pain while you are swimming. Do not progress to the next step if there is pain that persists into the next day. You should warm-up well and stretch before swimming and cool-down by stretching after finishing. Swimmers that have lax or "loose" joints should warm-up but not stretch

100 to 300 Yard Stage

Step 1: a. Swim 100 yards
        b. Rest 5 minutes
        c. Swim 100 yards

Step 2: a. Swim 100 yards
        b. Rest 5 minutes
        c. Swim 100 yards
        d. Rest 10 minutes
        e. Swim 100 yards

Step 3: a. Swim 150 yards
        b. Rest 10 minutes
        c. Swim 150 yards

Step 4: a. Swim 300 yards

300 to 600 Yard Stage
Step 1: a. Swim 300 yards

Step 2: a. Swim 300 yards
        b. Rest 10 minutes
        c. Swim 100 yards

Step 3: a. Swim 300 yards
        Rest 5 minutes
        b.   Swim 100 yards

Rest 5 minutes
   c. Swim 100 yards

Step 4: a. Swim 300 yards
   b. Rest 5 minutes
   c. Swim 100 yards
   d. Rest 5 minutes
   e. Swim 100 yards
   f. Rest 5 minutes
   g. Swim 100 yards

Step 5: a. Swim 600 yards

600 to 1000 Yard Stage

Step 1: a. Swim 600 yards

Step 2: a. Swim 600 yards
   b. Rest 10 minutes
   c. Swim 100 yards

Step 3: a. Swim 600 yards
     Rest 5 minutes
   c. Swim 100 yards
     Rest 5 minutes
   c. Swim 100 yards

Step 4: a. Swim 600 yards
   h. Rest 5 minutes
   i. Swim 100 yards
   j. Rest 5 minutes
   k. Swim 100 yards
   l. Rest 5 minutes
   m. Swim 100 yards

Step 5: a. Swim 600 yards
   b. Rest 5 minutes
   c. Swim 100 yards
   d. Rest 5 minutes
   e. Swim 100 yards
   f. Rest 5 minutes
   g. Swim 100 yards
   h. Rest 5 minutes
   i. Swim 100 yards

Step 6: a. Swim 1000 yards

Step 7: a. Increase swimming speed gradually, continue at 1000 yards if adding a second stroke.

      b. Add second stroke, if desired, start at 100-to-300 yard stage, step 1.

      c. If swimming competitively, return to team practice when all needed strokes can be done for 1000 yards with increasing speed.