

Return to the Pool

Progressive return to swimming is vital.

Any increase in pain or discomfort throughout this program warrants re-evaluation of stroke mechanics and a decrease in yardage until swimmer is pain-free.

Initial focus is on proper technique. Begin with slow cadence and increase speed as tolerated. Increase rest time between laps by 5-10 minutes as yardage increases.

Recommended initial frequency is 3x/week with a rest day between each session. Begin back-to-back sessions 4x/week followed by 5x/week followed by 6x/week every 2 weeks as long as swimmer is pain-free.

100 to 300 YARD STAGE

Step 1: Swim 100 yards

Rest 5 minutes

Swim 100 yards

Step 2: Swim 100 yards

Rest 5 minutes

Swim 100 yards

Rest 10 minutes

Swim 100 yards

Step 3: Swim 150 yards

Rest 10 minutes

Swim 150 yards

Step 4: Swim 300 yards

300 to 600 YARD STAGE

Step 1: Swim 300 yards

Step 2: Swim 300 yards

Rest 10 minutes

Swim 100 yards

Step 3: Swim 300 yards

Rest 5 minutes

Swim 100 yards

Rest 5 minutes

Swim 100 yards

Step 4: Swim 300 yards

Rest 5 minutes

Swim 100 yards

Rest 5 minutes

Swim 100 yards

Rest 5 minutes



Swim 100 yards
Step 5: Swim 600 yards

600 to 1000 YARD STAGE

Step 1: Swim 600 yards
Step 2: Swim 600 yards
Rest 10 minutes
Swim 100 yards
Step 3: Swim 600 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Step 4: Swim 600 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Step 5: Swim 600 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Swim 100 yards
Rest 5 minutes
Step 6: Swim 1000 yards

Return to team practice when swim can be performed for 1000 yards with increased speed and only if swimmer is completely pain-free.