



# TWELVE-WEEK RETURN TO SWIMMING

Follow this twelve-week regimen to return to swimming after injury. If you have questions or concerns, please call our office at 615.467.4636.

*Pre: Breast stroke and kicking until cleared for overhead activity*

## **Weeks 1-2:**

- Every other day, do 20-30 minutes alternating free and back

## **Week 3:**

- Five days per week for 30 minutes max, do 25s and 50s with 20-30 seconds rest
- Low level aerobic training

## **Week 4:**

- Five days per week for 40 minutes max, start doing 100s with 30 seconds rest with no more than 2,000 yards per workout
- If you are able, you may do a warm up swim of 300-500 yards straight with alternating free/back/breast strokes
- *Note: Kicking yardage does not count toward total swimming*

## **Weeks 5-12:**

- Increase by 200-300 yards per workout with 30 seconds rest

## **Week 12 and beyond:**

- Decrease rest intervals and add traditional training as tolerated

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