

# Swimming Post-Operative Interval Program

Phase	Intervention	Criteria for Progression
<p style="text-align: center;"><b>Phase 1</b></p> <p><b>Week 1</b> (1000-1500)</p>	<p><b>Warm up</b></p> <ul style="list-style-type: none"> <li>• 300-400</li> </ul> <p><b>Drills</b></p> <ul style="list-style-type: none"> <li>• Stroke Technique using drills (300-500)</li> </ul> <p><b>Kick</b></p> <ul style="list-style-type: none"> <li>• With fins or zoomers, but no kick board</li> <li>• Kick on side or back</li> <li>• Arms can be at side or streamlined position if pain free (400-600)</li> </ul> <p><b>Rest between repetitions</b></p> <ul style="list-style-type: none"> <li>• 20-30 seconds for all</li> </ul>	<ol style="list-style-type: none"> <li>1. Pain free</li> <li>2. Proper stroke technique during drills per coaches assessment             <ul style="list-style-type: none"> <li>• Bent elbow recovery</li> <li>• 4-6 beat kick</li> <li>• Symmetrical body roll</li> </ul> </li> </ol>
<p><b>Week 2</b> (1500-2200)</p>	<p><b>Warm up</b></p> <ul style="list-style-type: none"> <li>• 600-700</li> </ul> <p><b>Drills</b></p> <ul style="list-style-type: none"> <li>• Stroke Technique using drills (400-600)</li> </ul> <p><b>Kick</b></p> <ul style="list-style-type: none"> <li>• With fins or zoomers, but no kick board</li> <li>• Kick on side or back</li> <li>• Arms can be at side or streamlined position if pain free (500-900)</li> </ul> <p><b>Rest between repetitions</b></p> <ul style="list-style-type: none"> <li>• 10-20 seconds for all</li> </ul>	<ol style="list-style-type: none"> <li>1. Pain free</li> <li>2. Proper stroke technique during drills per coaches assessment             <ul style="list-style-type: none"> <li>• Bent elbow recovery</li> <li>• 4-6 beat kick</li> <li>• Symmetrical body roll</li> </ul> </li> </ol>
<p><b>Week 3</b> (2200-3000)</p>	<p><b>Warm up</b></p> <ul style="list-style-type: none"> <li>• 700-900</li> </ul> <p><b>Drills</b></p> <ul style="list-style-type: none"> <li>• Stroke Technique using drills (600-700)</li> </ul> <p><b>Kick</b></p> <ul style="list-style-type: none"> <li>• With fins or zoomers, but no kick board</li> <li>• Kick on side or back</li> <li>• Arms can be at side or streamlined position if pain free (700-900)</li> </ul>	<ol style="list-style-type: none"> <li>1. Pain free during and after practice</li> <li>2. Ability to maintain good stroke technique at end of practice</li> <li>3. No shoulder pain during interval work</li> </ol>

	<p><b>Intervals</b></p> <ul style="list-style-type: none"> <li>• 1 set on interval at 70% effort</li> <li>• 1 set on interval about 10 slower than regular practice pace (200-500)</li> </ul> <p><b>Rest between repetitions</b></p> <ul style="list-style-type: none"> <li>• 10-15 seconds between repetitions</li> <li>• Interval 5-10 seconds rest</li> <li>• Longer swims should have longer rest periods</li> </ul>	
<p><b>Phase 2- Join Team</b></p> <p><b>Week 4</b> (2800-3900)</p>	<p><b>Warm up</b></p> <ul style="list-style-type: none"> <li>• 900-1100</li> </ul> <p><b>Drills</b></p> <ul style="list-style-type: none"> <li>• Incorporate drills in the beginning and at the end of practice (700-900)</li> </ul> <p><b>Kick</b></p> <ul style="list-style-type: none"> <li>• With fins or zoomers, but no kick board</li> <li>• Kick on side or back</li> <li>• Arms can be at side or streamlined position if pain free (700-900)</li> </ul> <p><b>Interval</b></p> <ul style="list-style-type: none"> <li>• Gradually increase number of sets with interval work</li> <li>• Maintain correct stroke technique (500-1000)</li> </ul> <p><b>Rest between repetitions</b></p> <ul style="list-style-type: none"> <li>• 10-15 seconds between repetitions</li> <li>• Interval 5-10 seconds rest</li> <li>• Longer swims should have longer rest periods</li> </ul>	<p><b>Join team</b></p> <ol style="list-style-type: none"> <li>1. Pain free during and after practice</li> <li>2. Ability to maintain good stroke technique</li> <li>3. No pain or discomfort during interval work</li> </ol>
<p><b>Week 5</b> (3500-4700+)</p>	<p><b>Warm up</b></p> <ul style="list-style-type: none"> <li>• 1000-1200</li> </ul> <p><b>Drills</b></p> <ul style="list-style-type: none"> <li>• Incorporate drills in the beginning and at the end of practice (800-1000)</li> </ul>	<ol style="list-style-type: none"> <li>1. Completely pain free</li> <li>2. Maintain stroke technique</li> <li>3. Complete pull work pain free</li> <li>4. No pain or discomfort during interval work</li> </ol>

	<p><b>Kick</b></p> <ul style="list-style-type: none"> <li>• <b>With fins or zoomers, but no kick board</b></li> <li>• <b>Kick on side or back</b></li> <li>• <b>Arms can be at side or streamlined position if pain free (700-900)</b></li> </ul> <p><b>Interval</b></p> <ul style="list-style-type: none"> <li>• <b>Gradually increase number of sets with interval work</b></li> <li>• <b>Maintain correct stroke technique (800-1300)</b></li> </ul> <p><b>Pull Set</b></p> <ul style="list-style-type: none"> <li>• <b>Start pull set conservatively (200-300)</b></li> <li>• <b>Increase pulling yardage by 300 as tolerated</b></li> <li>• <b>DO NOT USE PADDLES!</b></li> <li>• <b>Stop immediately if pain or discomfort is felt</b></li> </ul> <p><b>Rest between repetitions</b></p> <ul style="list-style-type: none"> <li>• <b>5-15 seconds between repetitions</b></li> <li>• <b>Interval 3-10 seconds rest</b></li> <li>• <b>Longer swims should have longer rest periods</b></li> </ul>	
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### Soreness Rules

If no soreness, increase 200-300 yards each day
If sore during warm-up but soreness is gone within the first 500-800 yards, repeat a similar workout from the previous day. If shoulder become sore during this workout, stop and take 2 days off. Upon returning to the pool, decrease yardage by 300 yards
If sore more than 1 hour after swimming, or the next day, take 1 day off and repeat the most recent swimming workout
If sore during warm-up and soreness continues through the first 500-800 yards, stop swimming and take 2 days off. Upon return to swimming, decrease yardage by 300 yards

Spigelman, T., Sciascia, A., & Uhl, T. Return Swimming Protocol for Competitive Swimmers: A Post-Operative Case Study and Fundamentals. Int J Sports Phys Ther. 2014; 9: 712-725.