

Swimming Non-Operative Interval Program

Phase	Stage	Criteria for Progression
Phase 1	Stage 1 (do not complete whole practice in less than 30 minutes)	2x200 warm-up; 30sec rest 4x100; 20sec rest 4x50; 15sec rest 6x50 kick in streamline (if arm, shoulder, or neck injured) or pull (if low back or leg injured) down, swim back; 15sec rest 2x100 cool down; 20sec rest
	Stage 2 (do not complete whole practice in less than 45 minutes)	400 warm-up; 30sec rest 4x100; 20sec rest 4x50 kick (if arm, shoulder, or neck injured) or pull (if low back or leg injured) down, swim back; 10sec rest 2x200 active recovery; 20sec rest 4x100; 10sec rest 4x50 kick (if arm, shoulder, or neck injured) or pull (if low back or leg injured) down, swim back; 10sec rest 2x100 cool down; 20sec rest
	Stage 3 (do not complete whole practice in less than 60 minutes)	400 warm-up; 30sec rest 4x100; 20sec rest 4x50 kick (if arm, shoulder, or neck injured) or pull (if low back or leg injured) down, swim back; 15sec rest 2x200 active recovery; 20sec rest 4x100; 10sec rest 4x50 kick (if arm, shoulder, or neck injured) or pull (if low back or leg injured) down, swim back; 10sec rest 2x200 active recovery; 20sec rest 4x100; 10sec rest 4x100; 10sec rest

		<p>4x50 kick (if arm, shoulder, or neck injured) or pull (if low back or leg injured) down, swim back; 10sec rest</p> <p>2x100 cool down; 20sec rest</p>
<p>Phase 2: Organized Practice</p> <p>(if completed Phases 1 or has been deactivated less than 6 weeks)</p>	<p>Stage 1</p>	<p>Practice Yardage</p> <ul style="list-style-type: none"> - 60% Total Distance <p>Short Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add 2 seconds <p>Long Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add 4 seconds
	<p>Stage 2</p>	<p>Practice Yardage</p> <ul style="list-style-type: none"> - 70% Total Distance <p>Short Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add 1.5 seconds <p>Long Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add 3 seconds
	<p>Stage 3</p>	<p>Practice Yardage</p> <ul style="list-style-type: none"> - 80% Total Distance <p>Short Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add 1 second <p>Long Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add 2 seconds
	<p>Stage 4</p>	<p>Practice Yardage</p> <ul style="list-style-type: none"> - 90% Total Distance <p>Short Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add .5 seconds <p>Long Course Pace</p> <ul style="list-style-type: none"> - 100 pace time divided by 4, then add 1 second
	<p>Stage 5</p>	<p>Full Participation</p>
<p>Phase 3</p> <p>(Double Practices)</p>		<p>Complete Phases 2 Stage 5 prior to beginning Phase 3. When starting doubles, repeat Phase 2 for secondary practice while fully participating with primary practice</p>

Soreness Rules

Pain during warm-up that continues throughout practice or goes away then returns: take 2 days off, drop 1 level or stay at lowest level for full week
Pain during warm-up that goes away: stay at level
Pain the day after lifting or dryland (not muscle soreness): 1 day off, do not advance to next level
No soreness for 1 week: progress to next level

Hamman, S. Considerations and Return to Swim Protocol for the Pediatric Swimmer after Non-Operative Injury. *Int J Sports Phys Ther.* 2014; 9: 388-395.