

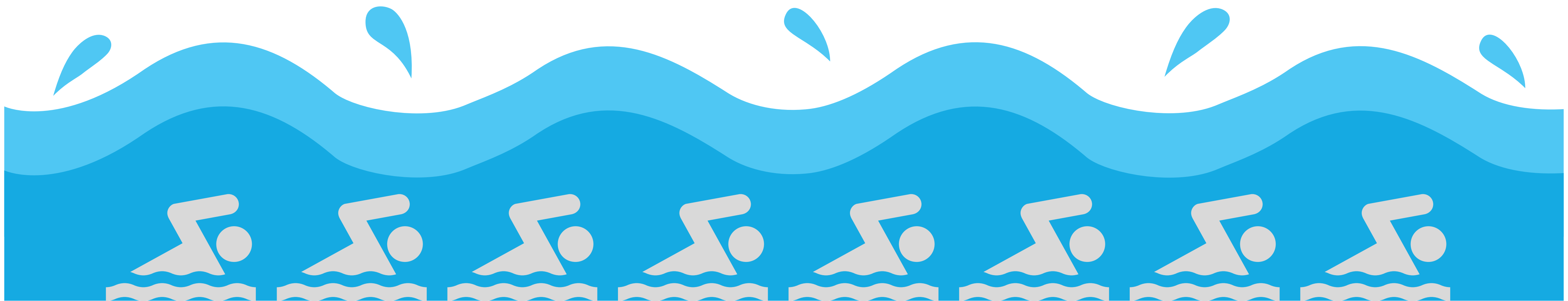
PRE-LIFEGUARDING TRAINING PLAN

Courtesy of Ruby Outdoors LLC
<https://www.rubyoutdoors.com>



Ruby Outdoors

Get outside and be better



AMERICAN RED CROSS PREREQUISITES

Lifeguarding (Deep Water)

#1] Swim-tread-swim sequence:

Swim 150m, tread 2-minutes using only legs, swim 50m

- Jump into the water from the side, totally submerge, recover to the surface and swim 150 yards.
- After swimming 150 yards, maintain position at the surface of the water without support for 2 minutes by treading.
- After maintaining position at the surface of the water for 2 minutes, swim 50 more yards.

While swimming, you must swim continuously, keeping your face in the water and demonstrating good breath control. You may use the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed.

While treading, you can only use your legs. Place your hands under your armpits. Your head must remain above the surface of the water.

#2] Timed brick retrieval:

You have 1 minute, 40 seconds to complete the following sequence.

- Starting in the water, swim 20 yards. Your face may be in or out of the water.
- Surface dive (feet-first or head-first) to a depth of 7 to 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on your back to return to the starting point, holding the object at the surface with both hands and keeping your face at or near the surface. Swimming the distance underwater is not permitted.
- Exit the water without using a ladder or the steps.
- Goggles are NOT allowed.



AMERICAN RED CROSS PREREQUISITES

Waterfront Prerequisites

The waterfront prerequisites are the same as the Lifeguarding (Deep-Water) with the following adjustments:

#1] Swim-tread-swim sequence:

Swim 350 yards, tread 2-minutes using only legs, swim 200 yards (same guidelines as Lifeguarding (Deep Water))

#2] Timed Brick Retrieval is the same

#3] Dive Ring Retrieval

- Starting in the water, swim 5 yards. Your face may be in or out of the water.
- Submerge, swim underwater and retrieve the three dive rings about 5 yards apart from one another.
- Return to the surface after picking up all three dive rings and continue to swim for another 5 yards to complete the sequence.
- Goggles may not be used.



INFORMATION ABOUT THESE WORKOUTS

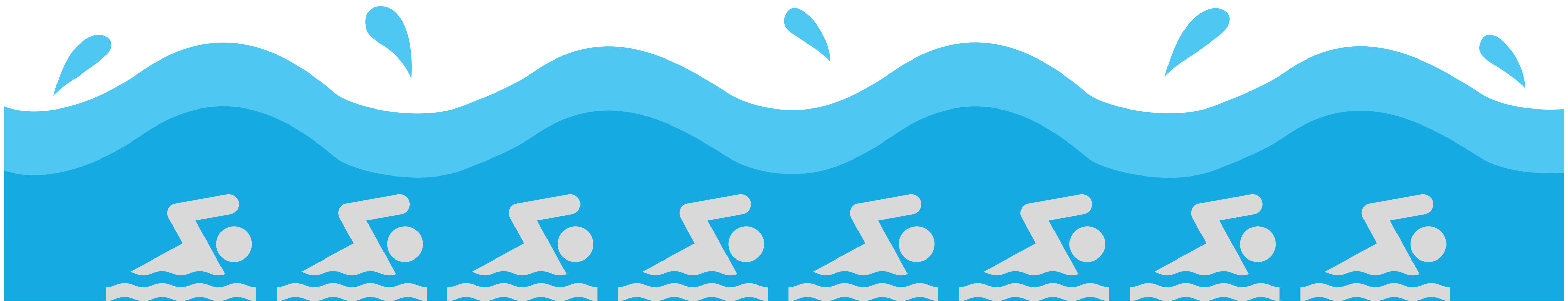
Thanks for being interested in becoming a lifeguard!

The following 8-workout program is designed to prepare you for the Lifeguarding + Waterfront prerequisites.

Perform these workouts at your own risk. It is best to practice in a pool that has lifeguards on surveillance duty.

Each workout builds on the one before it so start at number one and when you can do that workout as it is written, you are ready to progress to the next one.

If you are unable to complete the workout as written, take extra breaks as needed, and then repeat the workout until you are able to complete it as written. Listen to your body and relax. You can do this!



INFORMATION ABOUT THESE WORKOUTS

....continued

If you have questions about certain strokes that are listed, it may be helpful to search a video of the stroke on YouTube or consult with a swim coach or student athlete.

The rest intervals written in brackets are the amount of time you can rest between each distance noted. For example **6x25 Freestyle [rest 60 seconds]** means swim 25 meters, rest 60 seconds and then repeat this sequence a total of 6 times.

Most pools are measured in either yards or meters. Many pools are 25 meters or yards while some collegiate pools are 50 meters/yards. Whether your measurement is in yards or meters does not really affect the design of these workouts.

Feel welcome to do 1-3 workouts a week. You may opt to either repeat the same workout in the course of a week or progress through the training plan if these are easy for you. Feel welcome to decrease the rest times if you are not challenged by the training plan.



WORKOUT 1

6 x 25m Freestyle or Breaststroke [rest 60 seconds]

REST 3 minutes

4 x 50m Freestyle or Breaststroke [rest 90 seconds]

REST 3 minutes

2 x 25m Flutter Kick [rest 30 seconds] *Kickboard optional

REST 1 minute

2 x 25m Breaststroke Kick [rest 30 seconds] *Kickboard optional

REST 1 minute

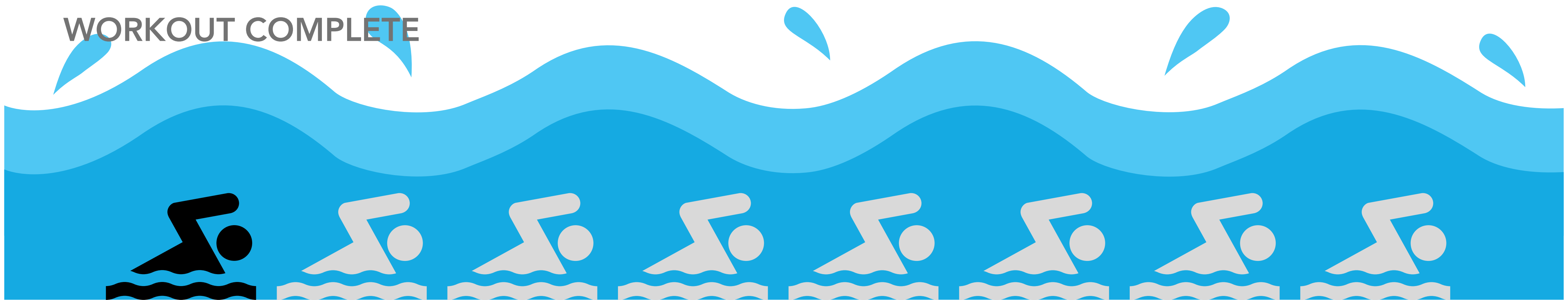
2 sets of 1 x 25m Side stroke on right

1 x 25m Side stroke on left [rest 1 minute between sets]

REST 3 minutes

4 x 2 minutes of treading water [rest 60 seconds]

WORKOUT COMPLETE



WORKOUT 2

2 sets of 1 x 50m Freestyle [rest 60 seconds]
1 x 50m Breaststroke [rest 60 seconds]

1 x 150m Freestyle / Breaststroke / Freestyle

REST 1 minute

1 x 50m Breaststroke

REST 1 minute

1 x 100m Freestyle / Breaststroke

REST 4 minutes

4 x 25m Freestyle SPRINT [rest 30 seconds]

REST 3 minutes

4 x 25m Breaststroke SPRINT [rest 30 seconds]

2 x 50m Flutter Kick [rest 30 seconds]

*Kickboard optional

2 x 50m Breaststroke Kick [rest 30 seconds]

*Kickboard optional

REST 1 minute

2 sets of 1 x 50m Side stroke on right
1 x 50m Side Stroke on left
[rest 30 seconds between sets]

6 x 30 seconds of treading water NO
HANDS/ARMS [rest 60 seconds]

WORKOUT COMPLETE



WORKOUT 3

3 sets of 1 x 100m Freestyle [rest 2 minutes]
1 x 100m Breaststroke [rest 2 minutes]

REST 4 minutes

4 x 25m Freestyle SPRINT [rest 30 seconds]

REST 3 minutes

4 x 25m Breaststroke SPRINT [rest 30 seconds]

REST 3 minutes

3 x 50m Flutter Kick [rest 30 seconds]

*Kickboard optional

REST 1 minute

3 x 50m Breaststroke Kick [rest 30 seconds]

*Kickboard optional

2 x 100m Side stroke
alternate sides each 25m
[rest 30 seconds between 100]

REST 3 minutes

4 x 60 seconds of treading water NO
HANDS/ARMS [rest 60 seconds]

WORKOUT COMPLETE



WORKOUT 4

1 set of 50m Freestyle [no rest]
50m Breaststroke

REST 1 minute

2 sets of 1 x 200m Freestyle [rest 2 minutes]
1 x 200m Breaststroke [rest 2 minutes]

200m Side stroke
alternate sides each 25m
[rest 30 seconds between 100]

REST 2 minutes

2 x 100m Flutter Kick [rest 60 seconds]
*Kickboard optional

REST 1 minute

2 x 100m Breaststroke Kick [rest 60 seconds]
*KICK ON BACK, face pointed to ceiling

REST 5 minutes

4 x 90 seconds of treading water NO
HANDS/ARMS [rest 2 minutes]

WORKOUT COMPLETE



WORKOUT 5

1 set of 50m Freestyle [no rest]
50m Breaststroke

REST 1 minute

3 sets of 1 x 300m Freestyle [rest 1 minute]
1 x 100m Breaststroke [rest 1 minute]

2 x 100m Flutter Kick [rest 30 seconds]

*Kickboard optional

REST 1 minute

2 x 100m Breaststroke Kick [rest 30 seconds]

*KICK ON BACK, face pointed to ceiling

REST 5 minutes

3 x 2 minutes of treading water NO
HANDS/ARMS [rest 2 minutes]

WORKOUT COMPLETE



WORKOUT 6

1 set of 50m Freestyle [no rest]
50m Breaststroke

REST 2 minutes

1 x 500m Freestyle

REST 3 minutes

5 x 50m Breaststroke [rest 30 seconds]

At deep end, dive to bottom of pool, touch,
and resurface

REST 1 minute

6 x 25m Flutter Kick SPRINT [rest 60 seconds]

*Kickboard optional

6 x 25m Breaststroke Kick [rest 60 seconds]

*Kickboard optional

REST 2 minutes

2 sets of 100m Freestyle

90 seconds treading LEGS ONLY

100m Breaststroke

90 seconds treading LEGS ONLY

300m Side stroke

alternate sides each 25m

WORKOUT COMPLETE

REST 1 minute



WORKOUT 7

1 set of 50m Freestyle [no rest]
50m Breaststroke

REST 2 minutes

1 x 500m Freestyle

REST 2 minutes

4 x 25m Breaststroke SPRINT [rest 15 seconds]

REST 2 minutes

4 x 25m Freestyle SPRINT [rest 15 seconds]

REST 2 minutes

8 x 50m Freestyle [rest 15 seconds]

At deep end on every other length, dive to
bottom of pool, touch, and resurface

REST 2 minutes

3 x 100m Flutter Kick [rest 15 seconds]

*Kickboard optional

REST 2 minutes

3 x 100m Breaststroke Kick [rest 15 seconds]

*KICK ON BACK, face pointed to ceiling

REST 2 minutes

6 x 2.5 minutes of treading water NO
HANDS/ARMS [rest 60 seconds]

WORKOUT COMPLETE



WORKOUT 8

1 set of 50m Freestyle [no rest]
50m Breaststroke

REST 2 minutes

1 x 600m Freestyle

REST 2 minutes

4 x 100m Breaststroke [rest 15 seconds]

Every 50m, at deep end, dive to bottom of pool, touch, and resurface

REST 1 minute

4 x 100m Freestyle [rest 15 seconds]

At deep end on every other length, dive to bottom of pool, touch, and resurface

REST 1 minute

3 sets of 150m Freestyle

2 minutes treading LEGS ONLY

*After 3rd tread, finish with additional
150m Freestyle

1 x 50m Side stroke

alternate sides each 25m

WORKOUT COMPLETE



WANT MORE PRACTICE?



Start back at the beginning and try the workouts again!
How much easier is workout 1 now?



Pair workouts. Consider these pairings:

- Workouts #1 and #3
- Workouts #2 and #3
- Workouts #1 and #4
- Workout #5 with a 500m freestyle warm up



Try the workouts again but cut the rest times in half.

