



GlowbyFlow Fit Swim Routine



Endurance • Recovery • Technique

A simple, sustainable swimming framework
for strength, recovery, and long-term fitness

[GlowbyFlow](#)



OVERVIEW & GOALS



GlowbyFlow Fit Swim Routine



Endurance • Recovery • Breath control

Suggested cycle: 4–6 weeks

Frequency: 1–3 sessions per week

Session length: 30–45 minutes

Purpose

This routine supports endurance, recovery, and overall conditioning without joint stress. It's designed to complement strength training, running, cycling, skiing, ski touring, hiking, and busy life periods.

Primary goals

- Build cardiovascular endurance
- Improve breathing efficiency
- Support recovery during high-load training
- Maintain fitness without impact

Equipment

- Swimsuit & goggles
- Swim cap
- Kickboard
- Pull buoy
- Fins (optional)
- Ear plugs (optional)
- Water bottle & towel



Why I Swim

Go SWIMMING



Swimming is my preferred way to build endurance without impact. It supports recovery, breath control and nervous system balance.

I rely on swimming especially during:

- ski season & ski touring
- heavy leg training blocks
- recovery-focused weeks
- keep my body in shape 😊

Swimming supports:

- Lung capacity
- Recovery between sessions
- Breath control
- Nervous system balance



HOW OFTEN I SWIM?

Go SWIMMING



1–3 sessions per week

Enough to support endurance without fatigue.

30–45 minutes

Short, focused sessions work best.

I usually swim:

- On recovery days
- After strength training
- During high-stress weeks



Session 1 – Recovery & Flow



This session supports active recovery, nervous system regulation, and gentle endurance without strain.

It's designed to help the body reset while maintaining movement quality.

Ideal for days when you want to move without adding fatigue.

Session Structure / Total time: 25–35 minutes

Intensity: Easy

5 min easy warm-up / Very relaxed swimming, smooth and unforced.

6 × 50 m easy–moderate pace / Focus on rhythm and comfort.

Rest as needed.

4 × 25 m slow breathing lengths / Long exhales, reduced stroke rate.

5 min easy cool-down / Gentle swimming until fully relaxed.

Coaching cues

- Slow the stroke down

Extend the exhale underwater

Relax shoulders and neck

Keep movements smooth and unforced

This session should feel calming, not effortful.

When to Use This Session

Use this session:

On recovery days

After heavy leg or strength training

During high-stress or low-energy weeks

It supports consistency without overloading the body.



Session 2 – Endurance & Rhythm



This session builds aerobic endurance while maintaining relaxed, efficient movement.

The goal is steady effort without tension or rushing.

It helps develop stamina that transfers well to other training.

Session Structure / Total time: 40–50 minutes

Intensity: Moderate, steady

10 min warm-up / Mix strokes or swim easy freestyle.

4 × 200 m steady endurance pace / Smooth, continuous swimming.

Rest 30 seconds between repeats.

4 × 100 m backstroke or relaxed freestyle / Focus on rhythm and posture.

Rest 20 seconds.

Easy cool-down / Slow swimming until breathing normalizes.



Session 2 – Endurance & Rhythm



Coaching Cues

Maintain a steady pace

Keep breathing relaxed and even

Avoid pushing into fatigue

Stay smooth through the entire session

Endurance comes from consistency, not intensity.

When to Use This Session

1–2 times per week

On endurance-focused days

When building aerobic capacity

This is the foundation session for long-term stamina.



Session 3 – Technique & Efficiency

Go SWIMMING



This session focuses on moving better, not harder.

The goal is to improve stroke efficiency, breathing control, and body alignment — so swimming feels smoother and less demanding over time.

It's ideal for days when you want quality movement without fatigue.

Session Structure / Total time: 30–40 minutes

Intensity: Easy–moderate

5–7 min easy warm-up / Relaxed swimming, focus on rhythm and breath.

6 × 25 m technique drills / Slow and controlled. One technical focus per length.

4 × 50 m smooth pace / Comfortable, efficient swimming.

Rest 20–30 seconds between repeats.

4 × 25 m relaxed breathing / Long exhales, calm stroke.

Easy cool-down & Swim until breathing fully settles.

Coaching cues

- Long, aligned body position
- Smooth hand entry
- Controlled breathing
- Relaxed shoulders and neck
- Efficiency before speed
- If technique degrades, slow down.



Session 3 – Technique & Efficiency

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Use this session:

On technique-focused days

During recovery or lower-energy weeks

Alongside strength or endurance training

It supports long-term progress by reinforcing efficient movement patterns.



Progress Tracking & Reflecion



This page is meant to help you notice patterns, not chase numbers.

Use it weekly or at the end of each training block.

Training Log

Week	Sessions completed	Total distance	Notes
1			
2			
3			

Body & Performance Check-in

Take a moment to reflect honestly.

How does my breathing feel during sessions?

Do I feel smoother and more relaxed in the water?

Is my endurance improving without extra fatigue?

How does swimming support my recovery from other training?

Adjustments & Observations

Use this space to guide your next weeks.

Which session feels most supportive right now?

Do I need more recovery or more endurance work?

Are there signs of tension or overload I should respect?

If something feels forced, simplify the session.

Progress is not always faster - often it's smoother!