

Lifeguard Tryout Training Tips and Workouts

Based on requests from candidates, we’ve compiled some tips and workouts to assist with lifeguard tryout preparation. Candidates maintain full responsibility for assessing their own ability to participate in the below activities and understand there is risk of injury, illness, and/or death with any physical activity. Candidates are further advised to consult with their doctor regarding any restrictions and/or safety concerns. Candidates should never swim or workout alone.

Tips:

1. **Try to find access to a 25-yard pool**, preferably with bottom lines. This will help you measure your swim distances while practicing. The lines will help you improve swimming in straight line.
2. **Swim at least twice a week**. Focus on your freestyle stroke, especially long distances. Make sure you are:
 - Practicing with your head down. Swimming with your head out of the water will slow you down.
 - Working on high-elbows and kicking technique.
 - Keeping your fingers together. (No high-fives while swimming.)
3. **Time yourself swimming 1,100 yards**. This is similar to the distance from the 28th street Groin to the Newport Pier and will help you determine your baseline time.
4. **Practice soft-sand running**. Plus, it’s a great excuse to go to the beach!
5. **Have fun** and go at the pace that is right for you.

Example Workouts:

RUN WORKOUT

Find a track to run on--most high schools and middle schools have one. Practice increasing your endurance and varying your routine. 3 sets of the following. 30 to 45 seconds between sets.

- **LAP 1** – Walk
- **LAP 2** – Jog
- **LAP 3** – Walk
- **LAP 4** – Run
- **LAP 5** – Walk
- **LAP 6** – Sprint as far as you can and walk the rest of the lap.

SWIM WORKOUT 1 - 10 sets of 100 yards each. 10 to 20 second rest between each set. (1,000 yards total.)

SWIM WORKOUT 2 - 5 sets of 200 yards each. 10 to 20 second rest between each set. (1,000 yards total.)

SWIM WORKOUT 3

- 4 x 50 yards (2 laps) on the 1 minute.
- Easy 150 yards (6 laps)
- 3 x 50 yards on the minute
- Easy 150
- 2 x 50 yards on the minute
- Easy 150

Rest: 3-4 minutes

- 2 x 100 yards (4 laps) On the 1:35 or 1:45
- Easy 50
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- Easy 50

Rest: 2 minutes

- 4 x 50 Choice stroke first lap – Freestyle back on the 1:30
- 6 x 25 yards sprint – 30 seconds rest between

Warm down

SWIM WORKOUT 4

- 5 x 50 yards on the 45sec
- 3 x 150 on the 2:30
- 5 x 100 on the 1:35 or 1:45
- 5 x 50 easy first lap/ sprint back on the 1:00

Rest: 4 minute

- 5 x 50 kick/swim on the minute
- 4 x 75 on the 1:30
- 4 x 25 underwaters

Warm down

SWIM WORKOUT 5

- EZ 8 lap warm up
- 4 x 50 yards (2 laps) on the 1 minute
- Easy 50 yards
- 4 x 50 yards on the 1 minute
- Easy 50
- 4 x 50 yards on the 1 minute
- Easy 50

Rest: 3-4 minutes

- 2 x 200 yard swim at 60 - 70% (8 laps)

Rest: 2-3 minutes

- 3 x 100 yards (4 laps) On the 1:35 or 1:45
- Easy 50
- 3 x 100 yards (4 laps) On the 1:35 or 1:45
- Easy 50

Rest: 2 minutes

- 4 x 50 flutter kick first lap – 80% freestyle back on the 1:30
- 6 x 25 yards sprint – 30 seconds rest between

Warm down