

## Return to Swim Interval Program

	<b>Stage I</b>	<b>Stage II</b>	<b>Stage III</b>	<b>Stage IV</b>	<b>Stage V</b>
<b>Practice Yardage</b>	60% Total Distance	70% Total Distance	80% Total Distance	90% Total Distance	100% Total Distance
<b>Short Course Intensity/Pace</b>	(Your 100 pace time divided by 4, then add 2 seconds) x 4	(Your 100 pace time divided by 4, then add 1.5 seconds) x 4	(Your 100 pace time divided by 4, then add 1 second) x 4	(Your 100 pace time divided by 4, then add ½ second) x 4	Full Participation
<b>Long Course Intensity/Pace</b>	(Your 100 pace time divided by 4, then add 4 seconds) x 4	(Your 100 pace time divided by 4, then add 3 seconds) x 4	(Your 100 pace time divided by 4, then add 2 seconds) x 4	(Your 100 pace time divided by 4, then add 1 second) x 4	Full Participation

Progress to the next stage after 1 week without symptoms.

If symptoms occur, return to the previous stage for at least an additional week.

No pull buoys or paddles (for upper extremity injuries) and no kickboard (for lower extremity injuries) until Stage III.

Dryland and Home Exercise Program to be performed as instructed by your physical therapist or athletic trainer.



Home to the Texas Rangers