

Supplementary document

Frame 1. Exemplification of the mesocycle and macrocycle

1° Period		
	Objectives	Methods
Mondays	- Perform a 30-minute walk, keeping the heart rate in the indicated area (50% to 60% of the maximum HR); - Perform sports activities.	- Heating; - Aerobic walk; - Sports activities; - Stretching.
Wednesdays	- Adaptation to the aquatic environment; - Perform anaerobic exercises; - Work on controlled exhalation and breathing rhythm; - Perform initiation to swimming.	- Heating; - Pedagogical processes (ventral and dorsal slide; alternate beating of the ventral and dorsal lower limbs; propulsion of the upper limbs; immersions with control and breathing rhythm; transverse and longitudinal axis rotations); - Stretching.
Fridays	- Maintain heart rate in the indicated area (50% to 60% of maximum HR); - Development muscular endurance and strength; - Increase flexibility; - Improvement of lung capacity and respiratory function.	- Breathing exercises; - Heating; - Circuit of aerobic and resistance exercises; - Aerobic walk; - Stretching.
2° Period		
	Objectives	Methods
Mondays	- Perform a 30-minute walk, keeping the heart rate in the indicated area (50% to 60% of the maximum HR); - Perform sports activities.	- Heating; - Aerobic walk; - Sports activities; - Stretching.
Wednesdays	- Perform anaerobic exercises; - Work on controlled exhalation and breathing rhythm; - Perform the fundamentals of swimming;	- Heating and stretching; - Pedagogical processes (ventral and dorsal slide; alternate beating of the ventral and dorsal lower limbs; propulsion of the upper limbs; immersions with control and breathing rhythm; transverse and longitudinal axis rotations); - Stretching.
Fridays	- Maintain heart rate in the indicated area (50% to 60% of maximum HR); - Development muscular endurance and strength; - Increase flexibility; - Improvement of lung capacity and respiratory function.	- Breathing exercises; - Heating; - Circuit of aerobic and resistance exercises; - Aerobic walk; - Stretching.
3° Period		
	Objectives	Methods
Mondays	- Perform a 30-minute walk, keeping the heart rate in the indicated area (50% to 60% of the maximum HR); - Perform sports activities.	- Heating; - Aerobic walk; - Sports activities; - Stretching.
Wednesdays	- Perform anaerobic exercises; - Work on controlled exhalation and breathing rhythm; - Deepen the fundamentals of swimming;	- Heating and stretching; - Pedagogical processes (ventral and dorsal slide; alternate beating of the ventral and dorsal lower limbs; propulsion of the upper limbs; immersions with control and

		breathing rhythm; transverse and longitudinal axis rotations); - Stretching.
Friday	- Maintain heart rate in the indicated area (50% to 60% of maximum HR); - Development muscular endurance and strength; - Increase flexibility; - Improvement of lung capacity and respiratory function.	- Breathing exercises; - Heating; - Circuit of aerobic and resistance exercises; - Aerobic walk; - Stretching.

Frame 2. Distribution of physical exercise session

Periods	Mondays	Wednesdays	Fridays
Session time	10 min heating 30 min walk 15 min sports activities 5 min stretches	10 min heating 45 min water activities 5 min stretches	15 min breathing exercises 10 min heating 40 min circuit (resisted and aerobic) 45 min walk 10 min stretches
Total	1 hour	1 hour	2 hours

*Min: minutes.