Swim Workout #3

Category: Beginner

- This is the beginning workout used by someone just getting started in swimming

Workout Goal: Build endurance; improve crawl and one other stroke

Total Distance: 700 yards

- 100 yards front crawl warm-up
  (rest between laps if needed)

- 4 x 50 yards alternating strokes resting :30 between each lap
  (each lap is 25 yards front crawl, then 25 yards either backstroke, breaststroke or butterfly)

- 4 x 25 yards front crawl counting strokes per length
  (try to keep an even number of strokes)

- 4 x 50 yards your choice of strokes resting :30 between each lap
  (try to hit the same time for each lap)

- 100 front crawl warm-down
  (swim slowly and relax)
Useful Information:

- 25 yards is one length of the pool
- The distance of 700 yards may seem like a long way at first glance; however, if you follow the workout and break it up you will complete the distance easily.
- Choose backstroke, breaststroke or butterfly for the drills. You will begin integrating multiple strokes into your workouts for a well-rounded swim training program.
- If your swimming techniques are not strong enough to complete the workout, you might want to consider taking swim lessons!

Stay tuned for a new swim workout every week and visit our Aquatics page for online workouts and tutorials!

“Believe that life is worth living and your belief will help create the fact.”

— William James