Swim Workout #3

Category: Intermediate

Workout Goal: Develop all four Strokes

- This workout concentrates on developing the four main strokes (Front crawl, Back Crawl, Breast Stroke, Butterfly)

Total Distance: 1600 yards

- 400 yards warm-up alternating lengths of crawl and other strokes (make every other length crawl, and the others length a mix of the other three strokes)

- 4 x 100 yards IM, sprinting 1st and 3rd, resting :30 between (swim easy on the 2nd and 4th IM)

- 4 x 50 breaststroke, resting :15 (complete each 50 faster than the last)

- 4 x 50 backstroke, resting :15 (complete each 50 faster than the last)

- 4 x 50 butterfly, resting :15 (complete each 50 faster than the last)

- 200 yards warm-down use all strokes (swim slowly and relax)
Useful Information:

- 25 yards is one length of the pool

- If you cannot do one of the strokes substitute another but try to develop technique as best you can.

- During the warm-up on this workout swim crawl on every other length and use all of the other strokes on the lengths in between

- While all four strokes may not be your favorite, it is good to practice them with swim drills and improve your swimming technique

- If a particular stroke is difficult for you, focus on specifics of the stroke while you swim and review techniques and tips prior to going to the pool

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