Swim Workout #4

Category: Beginner

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

Workout Goal: Improve breath control and consistency

Total Distance: 700 yards

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

- 8 x 25 yards crawl sprints resting :30 between lengths
  (effort should be at 60-70% of fastest swim)

- 100 yards crawl counting strokes per length
  (try to use less strokes on each subsequent length)

- 4 x 25 yards wind sprints resting :30 between lengths
  (swim each length without taking a breath)

- 100 yards crawl counting strokes per length
  (try to use less strokes on each subsequent length)

- 100 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
- You will be working on your breath control, and raising your heart rate to a higher level
- This workout alternates between breath control drills and consistent swimming drills
- 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!

“I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.' “

— Muhammad Ali