Swim Workout #4

Category: Intermediate

Workout Goal: Improve endurance, breathing rhythm; gain technique on turns

- This workout concentrates on turns for crawl and for IM

Total Distance: 1600 yards plus flip turn practice

- 200 yards crawl warm-up
  (continuous swimming)

- 2 x 100 yards crawl, resting :15 between
  (do not breathe within 4 strokes of approaching the wall or 4 strokes after leaving the wall)

- 10 x flip turns
  (practice taking 4 strokes and doing a flip turn followed by 4 strokes without a breathe)

- 200 yards crawl fast swim
  (swim this 200 at a fast pace and focus on completing the turns like you practiced them)

- 4 x 100 IM focusing on turns
  (concentrate on making clean transitions between strokes as you make your turns)
• 400 yards crawl resting
  (breathe every 4th stroke and do not breathe within 4 strokes of the wall, do flip turns on all turns)

• 200 crawl warm-down
  (swim slowly and relax)

Useful Information:

• 25 yards is one length of the pool

• Once you are in the water visualize the turns and focus on proper technique while you are practicing

• If a particular stroke, or turn, 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!

“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