Swim Workout #5

Category: Intermediate

Workout Goal: Improve kicks and timing

Total Distance: 1400 yards

- 200 yards freestyle warm-up
  (choice of strokes)

- 200 yards crawl alternating lengths of pull and kick
  (on the first 25 pull only, on the second 25 kick only, repeat -- do not use a kick board)

- 4 x 100 yards flutter kick arounds
  (one length each of kicking on stomach, left side, right side and back -- ok to use kick board)

- 4 x 50 yards crawl, resting :15 between
  (count 3 kicks per arm stroke)

- 2 x 100 yards IM kick only
  (with or without kickboard)

- 200 yards freestyle warm-down
  (swim choice of strokes slowly)
Useful Information:

- 25 yards is one length of the pool

- On the 200 yards alternating pull and kicks, do not use a kickboard. Instead hook your thumbs together and hold them out in front of you with your face in the water. Lift face out of the water to breathe as needed.

- Swim fins can be used and can help to strengthen your leg muscles by adding resistance and making your muscles work harder

- 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!

“*The best way out is always through*”

— Robert Frost