Swim Workout #1

Category: Advanced

Workout Goal: Sprinting and breath control

- This workout is simple in the number of sets, but has clear focus on sprinting repeats

Total Distance: 2700 yards

- 400 yards warm-up, choice of strokes

- 8 x 100 yard crawl sprinting on 1st 50, resting :15 between (on each 100, sprint on the first 50 yards and swim easily on the second 50 yards)

- 200 yards crawl with bilateral breathing (choice of breathing interval, every 3rd stroke or 5th stroke)

- 8 x 100 yard IM sprinting 2 of the 4 strokes, resting :30 between (mix up the 2 strokes you sprint on each 100)

- 8 x 25 yard crawl wind sprints, resting :15 between (use minimal breaths the entire length)

- 300 yards warm-down, choice of strokes (swim slowly and relax)
Useful Information:

- 25 yards is one length of the pool

- On the IM sprints choose the strokes that you sprint with, but you can change them on each 100. By the end of the set you should have sprinted each stroke at least twice.

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

“The pleasure of life is according to the man that lives it, and not according to the work or place.”

— Ralph Waldo Emerson