Swim Workout #1

Category: Beginner

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

Workout Goal: Build endurance, improve crawl stroke

Total Distance: 600 yards

- 2 x 50 yards front crawl warm-up
  (rest between laps if needed)

- 4 x 25 yards front crawl counting strokes per length
  (try to keep an even number of strokes)

- 4 x 50 yards front crawl resting :30 between each lap
  (try to hit the same time on each lap)

- 4 x 25 yards front crawl counting strokes per length
  (try to keep an even number of strokes)

- 2 x 50 yards front crawl warm-down
  (swim slowly and relax)
Useful Information:

- 25 yards is one length of the pool
- The distance of 600 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.
- 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!

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

— Ralph Waldo Emerson