Swim Workout #1

Category: Intermediate

Workout Goal: Improve breath control and consistency

- This workout concentrates on breath control and consistent swimming

Total Distance: 1600 yards

- 200 yards front crawl warm-up (rest :30 between 100s)

- 8 x 25 yards front crawl wind sprints resting :30 between lengths (swim each length with minimal breaths)

- 2 x 200 yards front crawl counting strokes per length (try to keep all lengths at the same number of strokes)

- 8 x 25 yards front crawl wind sprints resting :30 between lengths (swim each length with minimal breaths)

- 2 x 200 yards front crawl counting kick timing (count 3 kicks for each arm stroke)

- 200 front crawl warm-down (swim slowly and relax)
Useful Information:

- 25 yards is one length of the pool
- The swimming drills that have you counting kicks will help you develop better rhythm for your stroke

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