Swim Workout #2

Category: Beginner

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

Workout Goal: Build endurance, improve breathing

Total Distance: 600 yards

- 100 yards crawl warm-up
  (rest between laps if needed)

- 4 x 50 yards crawl resting :30 between each lap
  (try to keep the timing the same for each lap)

- 4 x 25 yards crawl changing breathing pattern
  (breath every 4th stroke on the first two, then every 2nd stroke on the last two)

- 2 x 50 yards your choice of strokes resting :30 between each lap
  (try to hit the same time for each lap)

- 100 yards 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!

“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.”

— Martin Luther King Jr.