Swim Workout #2

Category: Intermediate

Workout Goal: Develop all four Strokes

- This workout concentrates on developing the four main strokes (Front crawl, Back Crawl, Breast Stroke, Butterfly)

Total Distance: 1600 yards

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

- 4 x 100 yards IM in reverse order, resting :30 (swim the IM in reverse order, freestyle, breaststroke, backstroke and butterfly)

- 4 x 50 butterfly, resting :15 (keep the time consistent on each 50)

- 4 x 50 backstroke, resting :15 (keep the time consistent on each 50)

- 4 x 50 breaststroke, resting :15 (keep the time consistent on each 50)
• 2 x 100 yards IM alternating sprints, rest :30
  (on the first IM sprint fly and breaststroke, on the second IM sprint backstroke and freestyle)

• 200 front crawl warm-down
  (swim slowly and relax)

**Useful Information:**

• 25 yards is one length of the pool

• While all four strokes may not be your favorite, it is good to practice them with swim drills and improve your swimming technique

• If a particular stroke 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!**

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

— Martin Luther King Jr.