Swim Workout #3

Category: Advanced

Workout Goal: Focus on Breaststroke and Front Crawl

- This workout focuses on Breaststroke and Front Crawl

Total Distance: 2700 yards

- 400 yards warm-up mixed strokes (alternating front crawl and breaststroke)

- 10 x 50 yards breaststroke alternating lengths of kicking and pulling (alternate 25 yards kicking with hands stretched above your head with 25 yards pulling with ankles crossed)

- 200 yards breaststroke (focus on counting strokes per length for a consistent count)

- 10 x 50 yards crawl alternating lengths of kicking and pulling (alternate 25 yards kicking with hands stretched above your head with 25 yards pulling with ankles crossed)

- 200 yards crawl (focus on counting strokes per length for a consistent count)

- 5 x 100 yards IM, resting :15 between
• 400 yards warm-down mixed strokes
  (mixing crawl, backstroke and butterfly)

**Useful Information:**

• 25 yards is one length of the pool

• You will practice both pulls and kicks for each stroke, then swim the strokes with a focus on timing

• Concentrate on your technique while you are swimming, don’t just daydream and go through the motions

• By thinking about your technique on the swim drills good form will become automatic for you.

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

“Believe that life is worth living and your belief will help create the fact.”

— William James