



Beginner Swim Programme

Total Distance: 26 lengths (650m)

Warm up:

6 lengths any stroke (150m)

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### **Main:**

6 lengths legs only with a kick board (150m)

2 lengths full front crawl (50m)

6 lengths arms only with pull buoy (150m)

2 lengths back crawl (50m)

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Cool down:

4 lengths any stroke (100m)