

Beginner swim programme

Warm Up:

2 x 50m Front crawl

Main:

4 x 25m front crawl counting strokes per length
Try to get same number of strokes each length

4 x 50m front crawl :30sec rest between each 50m

4 x 25m front crawl counting strokes per length
Try to get same number of strokes each length again

Cooldown:

2 x 50m front crawl
Slow and Relaxed swim

Total Distance: 600m