Swim Workout #5

Category: Beginner

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

Workout Goal: Improve breath control and consistency

Total Distance: 800 yards

- 2 x 50 yards crawl warm-up
  (rest :30 between 50 sets)

- 4 x 25 yards wind sprints resting :30 between lengths
  (swim each length while taking minimal breathes)

- 4 x 50 yards crawl resting :15 between laps
  (count 3 kicks for each arm stroke)

- 4 x 25 yards wind sprints resting :30 between lengths
  (swim each length while taking minimal breathes)

- 4 x 50 yards crawl resting :15 between laps
  (count 3 kicks for each arm stroke)

- 2 x 50 yards freestyle warm-down
  (swim slowly and relax)
Useful Information:

- 25 yards is one length of the pool
- The distance of 800 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
- You will be working on your breath control and raising your heart rate to a higher level
- The swimming drills that have you counting kicks will help you develop better rhythm for your stroke
- 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!

“The best way out is always through”

— Robert Frost