

# SWIM WORKOUT

## INTERMEDIATE IMPROVE TECHNIQUE

A workout that uses drills to help you focus on key areas, helping you to improve your overall technique.



**mind.body.swim.**  
your elements to success

### WARM-UP 300 METRES

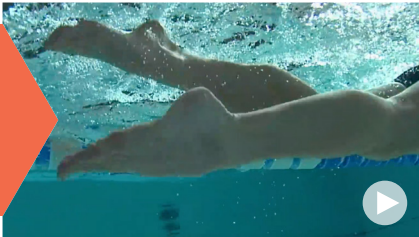
**3 x 100m  
MIXED**



100m front crawl, 100m of any stroke of your choice, 100m breaststroke arms and front crawl legs

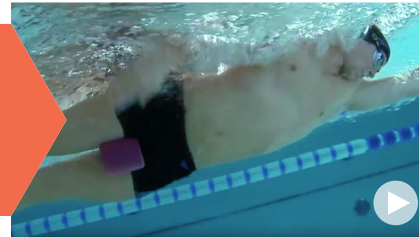
### MAIN SET 700 METRES

**6 x 50m  
FRONT CRAWL**



Count your strokes per length. Try to swim the second 25m with 1 fewer stroke. Kicking harder on the second 25m will help

**2 x 100m  
FRONT CRAWL  
WITH A PULL**



Loosen up before the second block work. Using your pullbuoy will help you to keep your hips higher and recover well

**2 x 100m  
PUNCH DRILL**



A 25m with your fists clenched, then 75m full stroke. The Punch Drill is a great way to learn to 'feel' the water more

### COOL DOWN 200 METRES

**1 x 200m  
MIXED EASY**



Your choice of mixed strokes to finish the workout. Slowly bring the high heart rate and heavy breathing down

**TOTAL  
1,200m**

If this was too easy, then why not try an advanced workout? If it wasn't fun, maybe try a beginner workout.



FOR TRAINING VIDEOS, TIPS AND ADVICE, [SPEEDO ON](#) HAS IT ALL

Always consult with a professional healthcare provider before starting any diet or exercise programme.

