

# SWIM WORKOUT

## FOUNDATION IMPROVE FITNESS

A great workout for building all-round muscle strength as well as lung capacity. Maximum effort and variance in drills will prove a tough challenge.



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

### WARM-UP 150 METRES

1 x 100m  
FRONT CRAWL



Focus on kicking from the hip

1 x 50m  
BACKSTROKE



Focus on kicking from the hip

### MAIN SET 400 METRES

4 x 50m  
BREASTSTROKE



4 x 50m  
FRONT CRAWL



20 seconds rest between each 50m. Increase speed to maximum effort on the final 50m

### COOL DOWN 150 METRES

1 x 100m  
BACKSTROKE



1 x 50m  
FRONT CRAWL



Slowly bring the high heart rate and heavy breathing down

**TOTAL  
700m**

If this was the right distance for you, then why not try another foundation workout? There are four to choose from.



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.

