

# SWIM WORKOUT

## BEGINNER IMPROVE ENDURANCE

A tough workout designed to test and improve your endurance. Push your swim to the limits with this stamina-building session.



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

### WARM-UP 200 METRES

2 x 50m  
FRONT CRAWL

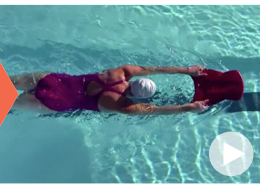


2 x 50m  
BACKSTROKE



### MAIN SET 550 METRES

4 x 50m  
FRONT CRAWL



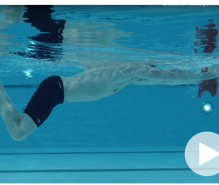
2 x 50m  
BREAST STROKE



2 x 50m  
FRONT CRAWL



1 x 50m  
TOMBSTONE DRILL



2 x 50m  
FRONT CRAWL



Want an extra challenge? Try using a kickboard for 2 x 50m and move in the water by kicking only. This helps to build leg strength

Aim to swim the second 50m faster than the first 50m

Aim to swim the second 50m faster than the first 50m

Not got a kickboard? Instead, try backstroke with your hands by your sides so you're using your kick only to move through the water

Aim to swim the second 50m faster than the first 50m

### COOL DOWN 200 METRES

2 x 50m  
BACKSTROKE



2 x 50m  
FRONT CRAWL



Slowly bring the high heart rate and heavy breathing down

**TOTAL  
950m**

If this was the right distance for you, then why not try another beginner 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.

