

SWIM WORKOUT

ADVANCED 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

1 x 100m
FRONT CRAWL

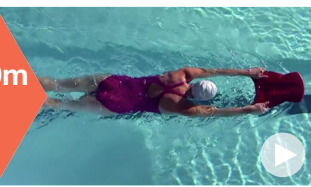


1 x 100m
BACKSTROKE



MAIN SET 1,000 METRES

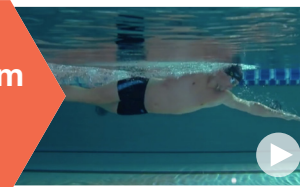
2 x 100m
FRONT CRAWL
KICK



1 x 200m
BREAST
STROKE



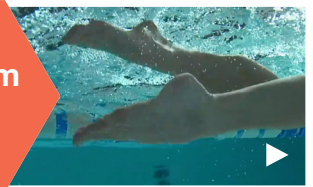
1 x 200m
FRONT
CRAWL



2 x 100m
TOMBSTONE
DRILL



2 x 100m
FRONT
CRAWL



Kick with a kickboard. Remember to increase intensity in the main set. Target heart rate is 160-170bpm

Aim to swim the second half faster than the first

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COOL DOWN 300 METRES

1 x 100m
BACKSTROKE



1 x 200m
FRONT CRAWL



Slowly bring the high heart rate and heavy breathing down

**TOTAL
1,500m**

Enjoyed this workout? If so, then try another of our advanced workouts to help improve your stats.



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.

