

SWIM WORKOUT

FOUNDATION 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 150 METRES

1 x 50m
FRONT CRAWL



2 x 50m
BACKSTROKE



MAIN SET 400 METRES

4 x 50m
FRONT CRAWL



Want an extra challenge? Build leg strength and try using a kickboard for 2 x 50m and move in the water by kicking only

2 x 50m
BREASTSTROKE



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

2 x 50m
FRONT CRAWL



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

COOL DOWN 150 METRES

2 x 50m
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.

