

# SWIM WORKOUT FOR THE MONTH OF MAY

Intermediate workout for you. This workout is designed to give swimmers a base line in freestyle and will allow for technique building.

This workout is designed to be done every 2 days for the first week. Many swimmers do other activities to cross train for their sport and fitness.

**Equipment: fins(optional), kick-board, pull buoy**

First Swim Workout:

**Swim a 50 with 10 seconds rest after each 50**

(pull buoy can be used as kick board)

6 X 50 (25 KICK / 25 PULL) yards: 300

**Swim a 75 with 15-20 seconds rest after each 75**

6 x 75 swim INCREASE SPEED each 25 (slow, medium, fast) yards: 450

**Swim a 25 with 15 seconds rest after each 50**

8 x 25 kick (Odd # EASY, Even # HARD) yards: 200

**Swim continuously for 10 minutes** yards: count laps

Swimmers should show some improvement in the 10-minute swim by the third time. This workout allows for focusing on the kick part of the freestyle stroke.

Average Workout Distance is 1200 to 1500 yards. Increase the number of repeats or decrease rest interval for a harder work out.