

SWIM WORKOUT FOR THE MONTH OF JULY

Intermediate workout for you. This workout is designed to strengthen the swimmer's core. This will allow you to excel in other aspects of your training and daily lives.

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

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

Core Building Swim Workout:

Pyramid Endurance Swim

25 Free- Rest 20 sec., 50 Back- Rest 20 Sec, 75 choice- Rest 1 min, 75 Back- rest 1 min, 50 Free- rest 20 sec, 25 Choice

(300 yds)

Kick a 25 Freestyle with 20 seconds rest after each 25

8 x 25 kick with head down and chin to chest so that the body is in a straight line. Breath as needed.

(500 yds)

Swim a 25 with 15 seconds rest after each 50

8 x 25 swim (Odd # Backstroke, Even # Freestyle)

(700 yds)

Swim 200 (8 laps) slow and easy to cool down

(Total -900 yds ½ mile)