

100 meters

STRATHCLYDE SPORT

# Beginners Swim Plan 1



## Warm-up

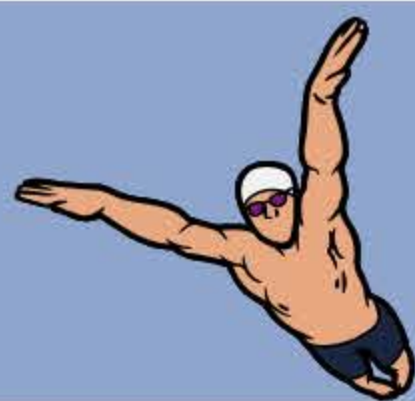
1 x 25 meters crawl warm-up. You can rest in between the laps if you wish to.

1 x 25 meters breaststroke.



AT THE  
*pool*

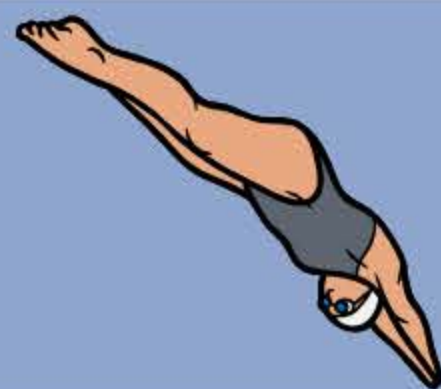
1 x 25 crawl with 30 seconds of rest between each lap.



1 x 25 meters back crawl.

## Cool-down

Walk round in a square in the shallow end for 5-mins



@strathclydesport

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If you are only comfortable with one stroke, stick with that stroke.