

500 meters

STRATHCLYDE SPORT

## Beginners Swim Plan 3



### Warm-up

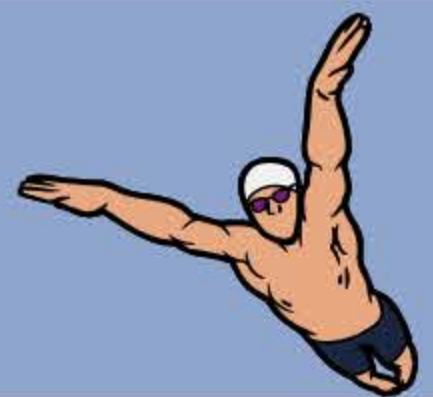
100 meters crawl warm-up.  
Don't rest during the swim.

2 x 50 meters crawl alternating breathing each length with a 15 second rest period in between laps. Breathe every 4th stroke on the first 25 meters, and breathe every 2nd stroke on the second 25 meters.



100 meters crawl, no breath approaching the wall. You can breathe in any pattern during the swim but don't breathe during the 4 strokes of approaching the end of the pool.

10 x flip turns. Practice taking 2 strokes and doing a flip turn then another 2 strokes.



2 x 50 meters choice of strokes with a 15 seconds rest between laps. You can choose one type of stroke and stick with it or mix it up.

### Cool-down

100 crawl cool-down. Swim slowly and let your body relax.



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