

600 meters

STRATHCLYDE SPORT

Beginners Swim Plan 4



Warm-up

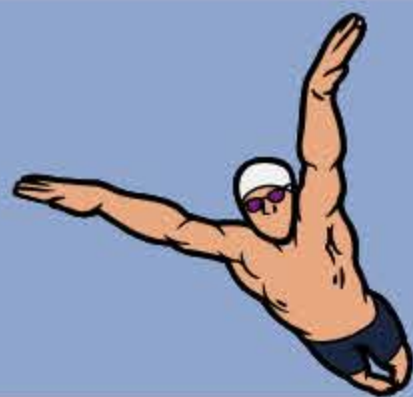
2 x 50 meters crawl warm-up.
You can rest in between the laps if you wish to.

4 x 25 meters breaststroke.



AT THE
pool

4 x 50 crawl with 30 seconds of rest between each lap.



4 x 25 meters back crawl.

Cool-down

2 x 50 meters crawl cool-down.
Swim slowly and allow your body to relax.



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