

300 meters

STRATHCLYDE SPORT

Beginners Swim Plan 2



Warm-up

2 x 25 meters flutter kick with a board with 15 seconds rest period in between.

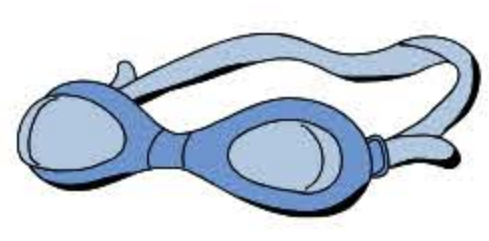
1 x 50 meters alternate laps of freestyle and backstroke with 20 seconds rest.



2 x 25 meters alternate sprint kicks and easy kicks with 10 seconds rest in between laps.

60 seconds rest.

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



2 x 25 meters freestyle with 15 seconds of rest in between laps.

2 x 25 meters alternating sprint freestyle and easy backstroke with 10 seconds rest in between laps.



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