



SWIMFIT

The fun way to get fit!

Total Distance 1,300m

Equipment needed Goggles, swim cap,
water bottle, pull buoy

200 mix warm-up

2 x

50m freestyle (37.5m easy with pull buoy / 12.5m sprint freestyle)

Easy breastroke to pull buoy / sprint freestyle kick back)

50m freestyle (30m easy with pull buoy / 20m sprint freestyle)

Easy breastroke to pull buoy / sprint freestyle kick back)

50m freestyle (25m with pull buoy / 25m sprint freestyle)

Easy breastroke to pull buoy / sprint freestyle kick back)

50m freestyle (20m with pull buoy / 30m sprint freestyle)

Easy breastroke to pull buoy / sprint freestyle kick back)

50m freestyle (12.5m with pull buoy / 37.5m sprint freestyle)

Easy breastroke to pull buoy / sprint freestyle kick back)

100m cool down