

1000 meters

STRATHCLYDE SPORT

# Beginners Swim Plan 5



## Warm-up

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

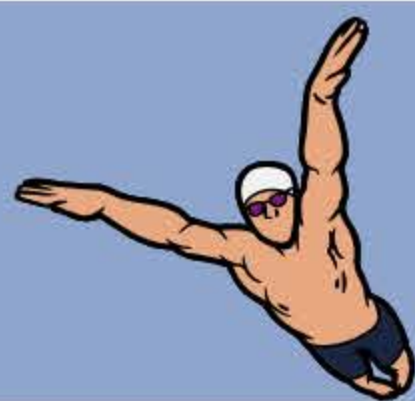
4 x 50 meters alternate laps of freestyle and backstroke with 20 seconds rest.



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

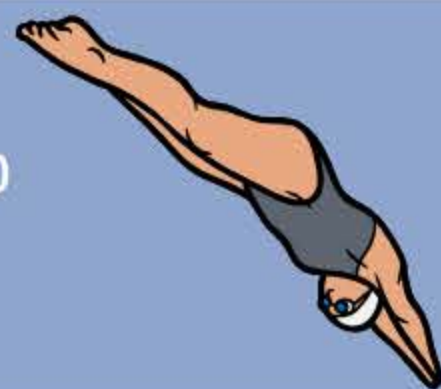
60 seconds rest.

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



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

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



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