

WHAT YOU'LL NEED FOR SWIMFIT® GYM SESSIONS:

Hat (optional), goggles, kick board, pull buoy, noodle, dumbbell, drinks bottle

1 WARM UP

- 6 lengths swim (favourite stroke)
– (20 seconds rest)
- 4 lengths swim (2nd favourite stroke)
– (20 seconds rest)
- 2 lengths swim (3rd favourite stroke)

2 MAIN SET: LOWER BODY

- 30 seconds float push of war
 - 1 length swim (fast)
 - 10 x side ski jumps
 - 1 length swim (easy)
- } x 4
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- 10 x hamstring curl
 - 1 length kick
 - 8 x side leg raise
 - 1 length kick
 - 6 x hamstring curl
 - 1 length kick
 - 4 x side leg raise
 - 1 length kick
- } x 1

- ½ length partner resistance running
 - ½ length kick (fast)
- } x 3
(per person)

3 TECHNIQUE

- 5 x water crunches
- 1 length sculling
- 5 x water crunches
- 1 length swim

4 COOL DOWN

- 6 lengths swim
– (20 seconds rest)
- 4 lengths swim
– (10 seconds rest)
- 2 lengths swim

(based on a 25 metre pool)

MAKE EVERY LENGTH COUNT WITH MYSWIMFIT

Log your session, track your progress and access tailored programmes and challenges at [swimfit.com](https://www.swimfit.com)