

Base Training: Building Mile Swim Distance

4/12-4/13

Four times through:

4 x 75	R:05"	
(25 swim / 25 kick / 25 swim)		(300)

Two times through:

1 x 100 Free	R:10"	
2 x 25 Back Kick	R:05"	
2 x 50 Back	R:10"	
2 x 50 Back Kick	R:05"	
4 x 25 Free	R:10"	(900)

One time through:

10 minute continuous swim
(track your time and progress each time you complete a long continuous swim)