

# Base Training: Building Mile Swim Distance

Thursday

## 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 distance and progress distance each time you complete a long continuous swim)