



**KICK-** If using kick board, keep at arms length in front of the body using a steady kick. If not using a kickboard, keep arms stretched out in front of body with hands flat on the surface of the water.

**PULL-** Use pull buoy. Place buoy between the upper thighs. This is used to keep legs afloat while concentrating on arm stroke and strength.

(any questions on equipment, please see a lifeguard or manager)

# ADVANCED 1

## WARM UP:

500 Free

200 Kick

## MAIN SET:

4x300 Free (1.5 min rest)

4x50 Choice (30 sec rest)

4x50 Free (30 sec rest)

5x100 Pull (1 min rest)

## COOL DOWN:

Easy 500 free

# 3300 YARDS

1 Lap (1 length) = 25 yds

2 Laps = 50 yds

4 Laps = 100 yds

1,760 yds per mile  
(70 laps)

Rest no more than 10-15 seconds

**DON'T FORGET TO TRACK YOUR YARDAGE  
AT THE FRONT DESK FOR THE 100 MILE  
CLUB**

SEE FRONT DESK FOR INFO

