



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 3

WARM UP:

100 Free
200 Kick
200 Pull

MAIN SET:

3x500 Free (1 min rest)
4x200 Pull/Swim (30 sec 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

