



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)

BEGINNER 2

WARM UP

200 Free

MAIN SET

6 x 50 Kick/Pull (30 Sec Rest)

6 x 50 Choice (30 Sec Rest)

COOL DOWN

Easy 100 Kick

Easy 200 Swim

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

1100
YARDS

