

GET A PLAN

Lap swimming is far more productive (and a whole lot more fun) when you have a training plan, such as this beginner-friendly one designed by SISSA'S Kim Woolrich

A BEGINNER'S SWIMMING WORKOUT

Option 1

800m

Warm-up

100m any stroke
2 x 25m one-arm
25m freestyle (anything)
2 x 25m catch-up
25m freestyle

Main

4 x 25m kick
25m freestyle
8 x 25m high effort with
30 seconds rest

Cool-down

100m any stroke

Option 2

900m

Warm-up

100m any stroke
3 x 25m one-arm drill
25m freestyle
25m catch-up
25m freestyle

Main

4 x 50m medium effort
with 45 seconds rest
4 x 50m high effort with
one minute rest

Cool-down

100m any stroke

Option 3

1km

Warm-up

100m any stroke
4 x 25m drill
25m freestyle
25m kick, 25m catch-up
25m freestyle

Main

4 x 100m medium effort
with one minute rest
4 x 25m high effort with
30 seconds rest

Cool-down

100m any stroke

Option 4

1km

Warm-up

200m any stroke
4 x 25m kick
50m freestyle
4 x 25m building up
speed

Main

50m, 100m, 50m
medium-high effort
with 45 seconds rest
in between

Cool-down

100m any stroke

Option 5

1.2km

Warm-up

200m any stroke
4 x 25m kick
50m freestyle
25m kick

Main

5 x 100m medium-high
effort with 45 seconds
rest in between

Cool-down

100m any stroke

Option 6

1.5km

Warm-up

200m any stroke
4 x 25m drill
50m freestyle
25m kick, 25m catch-up
25m freestyle

Main

2 x 200m medium effort
with one minute rest
4 x 100m high effort
with 45 seconds rest

Cool-down

100m any stroke

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Table of Contents Long Distance Swimming Training Plan By Kate Vines

1. Understanding the eBook Long Distance Swimming Training Plan By Kate Vines
 - The Rise of Digital Reading Long Distance Swimming Training Plan By Kate Vines
 - Advantages of eBooks Over Traditional Books
2. Identifying Long Distance Swimming Training Plan By Kate Vines
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Long Distance Swimming Training Plan By Kate Vines
 - User-Friendly Interface
4. Exploring eBook Recommendations from Long Distance Swimming Training Plan By Kate Vines
 - Personalized Recommendations
 - Long Distance Swimming Training Plan By Kate Vines User Reviews and Ratings
 - Long Distance Swimming Training Plan By Kate Vines and Bestseller Lists
5. Accessing Long Distance Swimming Training Plan By Kate Vines Free and Paid eBooks

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- Long Distance Swimming Training Plan By Kate Vines Public Domain eBooks
 - Long Distance Swimming Training Plan By Kate Vines eBook Subscription Services
 - Long Distance Swimming Training Plan By Kate Vines Budget-Friendly Options
6. Navigating Long Distance Swimming Training Plan By Kate Vines eBook Formats
- ePub, PDF, MOBI, and More
 - Long Distance Swimming Training Plan By Kate Vines Compatibility with Devices
 - Long Distance Swimming Training Plan By Kate Vines Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Long Distance Swimming Training Plan By Kate Vines
 - Highlighting and Note-Taking Long Distance Swimming Training Plan By Kate Vines
 - Interactive Elements Long Distance Swimming Training Plan By Kate Vines
8. Staying Engaged with Long Distance Swimming Training Plan By Kate Vines
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Long Distance Swimming Training Plan By Kate Vines
9. Balancing eBooks and Physical Books Long Distance Swimming Training Plan By Kate Vines
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Long Distance Swimming Training Plan By Kate Vines
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Long Distance Swimming Training Plan By Kate Vines
- Setting Reading Goals Long Distance Swimming Training Plan By Kate Vines
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Long Distance Swimming Training Plan By Kate Vines
- Fact-Checking eBook Content of Long Distance Swimming Training Plan By Kate Vines
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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