

The First 50! - Beginner

Warm Up:

4x25s choice

1x25 breaststroke

1x25 backstroke

Main Set:

2x25s breaststroke

50 freestyle

2x25s freestyle

2x25s backstroke

50 freestyle

Cool Down:

Minimum 2x25s easy

450m

Congratulations! A very well done if this is the first time you're doing a 50 in an actual set. But also, remember this isn't really your first 50...it's just the first one without stopping.

Make sure when you're swimming the 2x25s after the 50, your technique is still good. Best not get into bad habits after a difficult part of a set.