

FORE! - Beginner

Warm Up:

4x50s swim (one 50 has to be kick!)

Main Set:

4x25s easy

4x50s easy

4x25s variable

100 metres where you do four strokes fast off each wall

Cool Down:

Minimum 100 easy

800m

If you love golf, then you'll probably hate this set. "Fore" isn't always the best thing to hear, unless you're the one with the club in your hand..

Smashed windshields aside, this is a nice easy set that you can choose to do multiple times depending on where you're at!