

Just a Lap! - Beginner

Warm Up:

4x25s choice

Main Set:

4x25s freestyle, with :30 rest

2x25s backstroke with :45 rest

4x25s freestyle, with :15 rest

2x25s breaststroke, with :45 rest

Cool Down:

Minimum 2x25s easy

450m

Okay I lied - maybe it's more than just "a" lap, but if you hate tumbleturns this is perfect! If you're just getting into the pool, keep this in the back of your wallet for that day where "swim" is written in your calendar, but you really don't want to.

Make sure when you're swimming backstroke in an indoor pool, you use the room as a reference point to swim straight. Don't pull on the lanerope!