Print this out, place on a wet kickboard. The paper should stay on the kickboard when wet and act like a tablet.

**Beginner Swim Workout**

You will need a kickboard and pull-buoy for this workout. Your pool facilities should have these available. If not, you can do everything swim.

**Warm-up**

Start easy and go at your own pace. Try to build speed throughout the warm-up

1 x 200 swim

1 x 100 pull

1 x 100 kick

**Beginner Main Set**

6 x 50 swim    Descend #1-3, Descend #4-6 @ 10 seconds rest**\***

6 x 25 kick      70% intensity @ 5 seconds rest

50 easy--------**This is your recovery/rest period. Take as much time as you need before beginning the next section---------------------**

4 x 75 pull      80% intensity @ 15 seconds rest

4 x 50 swim    80% intensity @ 10 seconds rest

4 x 25 kick      80% intensity @ 5 seconds rest

50 easy

2 x 75 pull      90+% intensity @ 20 seconds rest

2 x 50 swim    90+% intensity @ 15 seconds rest

2 x 25 kick      90+% intensity @ 10 seconds rest

50 easy

1 x 100 swim   FAST

200 easy

Total including warm-up: 2000 yds or meters

**\***Descend means that you start slow and increase speed with each time. In this set, your first 50 will be slow, 2nd 50 will be a little faster, and the 3rd 50 will be faster than the 2nd (and so on). It sounds counter intuitive, but you are increasing speed, which ***decreases*** the time it takes you to swim it.