

## Schedule:

### Swimming for fitness – Beginner/Intermediate

- Choose 2 out of the 3 sessions provided each week to achieve your 2km

#### Week 1

Workout 1: Form	Workout 2: Endurance	Workout 3: Form & Endurance
<b>Warmup</b> 3 x 100m <b>Drill</b> 2 x 100m Catchup 2 x 150m Kick 2 x 100m Fist <b>Cooldown</b> 3 x 50m <b>Total – 1,150m</b>	<b>Warmup</b> 3 x 100m <b>Drill</b> 1 x 50m 1 x 100m 2 x 150m 1 x 100m 1 x 75 <b>Cooldown</b> 3 x 75m <b>Total – 1,150m</b>	<b>Warmup</b> 2 x 50m <b>Drill</b> 2 x 100m Right Arm 2 x 100m Left Arm 2 x 50m Kick 2 x 50m Scull <b>Endurance</b> 1 x 300m <b>Cooldown</b> 2 x 50m <b>Total – 1,100m</b>

#### Week 2

Workout 1: Form	Workout 2: Endurance	Workout 3: Form & Endurance
<b>Warmup</b> 3 x 75m <b>Drill</b> 2 x 100m Pull 2 x 150m Kick 2 x 100m SPL <b>Cooldown</b> 3 x 75m <b>Total – 1,150m</b>	<b>Warmup</b> 4 x 100m <b>Drill</b> 2 x 250m <b>Cooldown</b> 4 x 100m <b>Total – 1,300m</b>	<b>Warmup</b> 2 x 50m <b>Drill</b> 2 x 50m Catchup 2 x 50m Fist 2 x 50m Kick 2 x 50m Scull <b>Endurance</b> 2 x 100m <b>Cooldown</b> 2 x 50m <b>Total – 800m</b>

#### Week 3

Workout 1: Form	Workout 2: Endurance	Workout 3: Form & Endurance
<b>Warmup</b> 3 x 50m <b>Drill</b> 2 x 150m Catchup 2 x 100m Kick 2 x 150m Fist <b>Cooldown</b> 3 x 50m <b>Total – 1,100m</b>	<b>Warmup</b> 4 x 50m <b>Drill</b> 1 x 200m 1 x 200m 1 x 100m <b>Cooldown</b> 1 x 100m 4 x 50m <b>Total – 1,000m</b>	<b>Warmup</b> 2 x 50m <b>Drill</b> 2 x 50m Right Arm 2 x 50m Left Arm 2 x 50m Kick 2 x 50m Scull <b>Endurance</b> 1 x 400m <b>Cooldown</b> 2 x 50m <b>Total – 1,000m</b>

#### Week 4

Workout 1: Form	Workout 2: Endurance	Workout 3: Form & Endurance
<b>Warmup</b> 3 x 50m <b>Drill</b> 2 x 150m Pull 2 x 100m Kick 2 x 150m SPL <b>Cooldown</b> 3 x 50m <b>Total – 1,100m</b>	<b>Warmup</b> 2 x 100m <b>Drill</b> 1 x 750m <b>Cooldown</b> 1 x 100m <b>Total – 1,050m</b>	<b>Warmup</b> 2 x 50m <b>Drill</b> 2 x 100m Right Arm 2 x 100m Left Arm 2 x 50m Kick 2 x 50m Scull <b>Endurance</b> 3 x 100m <b>Cooldown</b> 2 x 50m <b>Total – 1,100m</b>