

W.O.W.

WAC ON WELLNESS

LAP SWIMMING CHALLENGE

INSTRUCTIONS: Complete the workout according to your fitness level. Turn in the entry form below at the W.O.W. Kiosk after you complete the workout for a chance to win a prize. Take 30 seconds rest in between each set.

EQUIPMENT: Kick board and pull buoy



BY NICOLE FORD
WAC Greenfield Personal Trainer
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	Beginner	Intermediate	Advanced
Warm Up	Swim 100 yards Kick 50 yards Pull 50 yards	Swim 100 yard Kick 50 yards Pull 100 yards	Swim 100 yards Kick 100 yards Pull 100 yards
Goal Time:	Swim 400 yards 10:00	Swim 400 yards 7:20	Swim 500 yards 8:10
Goal Time:	3X100 2:30	2X200 3:40	2X200 3:10
Goal Time:	Swim 300 yards 7:30	Swim 300 yards 5:30	Swim 400 yards 6:20
Goal Time:	2X100 2:15	2X200 3:40	2X200 3:10
Goal Time:	Swim 200 yards 4:30	Swim 200 yards 4:00	Swim 200 yards 3:30
Goal Time:	1X100 sub 2 minutes	100 sub 1:45	100 sub 1:30

Round 2 - Your choice!

Cool Down

See a Personal Trainer for more detailed instructions or a demonstration.

Member Name: _____ **Phone Number:** _____



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow