

**WAC ON WELLNESS**

WOW LAP SWIM WORKOUT

LAP POOL KEY=

25 yards = 1 length of pool
50 yards = 2 lengths of pool
100 yards = 4 lengths of pool
200 yards = 8 lengths of pool
400 yards = 16 lengths of pool

Warm up: 5- 10 minutes easy swim

Alternate between pulling (with pullbouy), kicking (with kickboard) and swimming.

Endurance work:

- 400 no stopping- slow and controlled stroke
- 200 easy freestyle
- 2 x 100 any stroke

Speed Work:

- 6 x 50 fast
- 4 x 25 sprint
- 4 x 25 burst (start fast, end slow)
- 4 x 25 build (start slow, end fast)

Stroke Work:

- 3 x 100 any other stroke
- Try an individual medley. 1st length butterfly, 2nd length backstroke, 3rd length breaststroke, 4th length freestyle.
- Or try all 4 lengths of just breaststroke, just backstroke, or just butterfly.

Cool Down: 5 minutes easy

**EVA CLEMENS**

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Wisconsin Athletic Club
FIND YOUR FIT.

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