

Swim for Life - Fitness Swimmer

Fitness

Must Sees

- 1. Pace clocks and timers**
 - Use of a timer to measure swimming time over a specific distance
 - Use of a timer to measure and control rest time between intervals
 - Use of a timer to measure personal pulse rate during training
- 2. Stretches for swimmers**
 - Four stretches for swimmers demonstrated
- 3. Kicking interval training: 4 x 25 m flutter kick and/or whip kick with 20 sec. rests**
 - Repetitions completed

Flutter kick

 - Continuous, rhythmic kick initiated from the hips; slight knee bend; feet relaxed

Whip kick

 - Simultaneous and symmetrical kick; heels recover towards buttocks; legs drive with knees apart; feet wider than knees
- 4. Swimming interval training: swim interval sets selected by the swimmer**
 - Repetitions completed
 - Recognizable stroke(s) used
- 5. Workout 300 m: 50 m warm-up (choice of strokes); 4 x 25 m front or back crawl with 15 sec. rests; 4 x 25 m (choice of strokes) with 15 sec. rests; 50 m cool-down (choice of strokes)**
 - Workout completed
- 6. Workout design: design and demonstrate 2 sample workouts**
 - Workout includes warm-up, main set(s) and cool down
 - Workouts completed
- 7. Distance swim: endurance challenge**
 - Continuous swim without stopping or resting
 - Distance completed
- 8. Sprint swim: 25 m each for at least 2 strokes chosen by the swimmer**
 - Distance completed as fast as possible
 - Personal pulse rate measured after each swim