

Fit Bit Friday 149

The Free-Styling Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: After a warm-up of whatever strokes you want for 100m (that's 4 lengths of a 25m pool) you'll do 200m worth of freestyle and drills. If you choose to repeat the 200m block 4 times, the workout will total 1000m, or 1KM. However, if you don't have time to do that much or if you'd like to build up gradually, feel free to do it 2-3 times instead. More advanced? Try doing the 200m block 6 times, and make the first 50m a sprint.

Before you hop in the water, you might want to check out SwimSmooth.com, a great site with animations that will help you get a better understanding of proper swim technique.

Sets	What to do	Distance
	Warm-Up: Any stroke(s), easy, working on loosening up body.	100m
4	Freestyle: Full stroke, focusing on taking 3 strokes before breathing, and breathing alternate sides.	50m
	Flutter kick: Use a kickboard and keep your head up for this drill. Keep a slight flex at the knee so the power comes from your hips, and point your toes.	50m
	Pull Only/Pull Buoy Freestyle: Put a pull buoy between your legs to prevent yourself from kicking. Swim freestyle with your arms only, maintaining the 1-2-3-breathe pattern.	50m
	Freestyle "Golf" - Swim regular freestyle, but count the number of strokes it takes you to complete one length. On the way back, your goal is to decrease that number of strokes.	50m
	Rest - 2-3 mins, or as long as you need depending on your fitness level.	100m
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