

BEGINNER

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Keys:

FR = Freestyle swim

BK = Backstroke swim

BR = Breaststroke swim

IM = Individual medley. Swim equal amounts of each stroke in the following order: butterfly, backstroke, breaststroke, freestyle.

PULL = pull buoy

KICK = kicking with or without a board

@XSR = seconds rest between repetitions. EG 5x100 @20sr means swim five repeats of 100m with 20 seconds rest between each 100m.

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***IM= FLY, BK, BR, FR**

***SKPS= SWIM, KICK, PULL, SWIM**

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SKPS - Swim/kick/pull/swim

HYPOXIC - breathing on every 3rd,5th and 7th stroke

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