

# Fit Bit Friday 198

## The Swim 2K 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:** Just as the title implies, you'll have covered 2000 yards (or metres, or whatever your pool is measured in!) by the end of this swim. If you're not quite there yet from a fitness perspective, just do the workout one time through and skip the second round. Next time you swim, add in a little bit more at a time until you're able to swim the full 2KM.

Speaking from my own experience, your first swim may feel like a really tough slog if it's not something you do regularly. But keep persevering because it won't take long to develop a rhythm. Our muscles adapt fast, so don't worry - it will start to feel easier the more you do it!

What to Do	Distance
<b>Easy 300m freestyle warm-up</b> - Keep the effort light and just focus on loosening up.	300m
<b>200m freestyle pull</b> - Use a pull buoy and paddles if available - no kick!	200m
<b>100m flutter kick</b> - Use a kickboard	100m
<b>4x100m hard freestyle, descending</b> - Put your pull and kick together and do 4x100m sprints, taking 1 min rest in between. Aim to make each 100 faster than the last.	400m
<b>300m easy swim</b> - Choice of stroke, bring your heart rate back down.	300m
<b>200m freestyle pull</b> - Use a pull buoy and paddles if available - no kick!	200m
<b>100m flutter kick</b> - Use a kickboard	100m
<b>4x100m hard freestyle, descending</b> - Put your pull and kick together and do 4x100m sprints, taking 1 min rest in between. Aim to make each 100 faster than the last.	400m
<b>Repeat from the top (including the 300 easy) for a total of 2KM</b>	
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