



## SURF AND TURF

Test your stamina and build your endurance using dryland warm ups and long swims with this workout.

1425

Total

Increase Endurance

60 Minutes

Intermediate

Set	Exercise	Reps	Time	Instructions & Tips
Dryland	1	Push-ups	3 x 8 Reps	Alternate knee-to-chest
	2	Dips	3 x 8 Reps	Bring both knees to chest after each repetition
	3	Medicine Ball	3 x 3 Reps	Push-up onto medicine ball, 2 squat jumps with ball, 2 chest throws with ball
Warm Up	4	Easy Freestyle	1 x 200m	Every 4th 25, kick on your back
Main Set	5	Freestyle & Breaststroke	2 x 100m	@ 01:40 mins Pull 50 freestyle with Pull Buoy, then 50 backstroke Coach Tip: Not sure how to use a pull buoy? Watch our how to video. <a href="#">How to use a Pull Buoy</a>
	6	Kick & Drill	3 x 75m	@ 01:25 mins
	7	Freestyle	2 x 50m	@ 01:00 min Breathe every stroke to strong side with focus on hard kicking
Second Set	8	Freestyle	4 x 25m	@ 01:30 mins First half head up, second half regular swim
	9	Freestyle	4 x 75m	@ 01:30 mins 1st and 3rd 25 at 80% effort, middle 25 at 50% Coach Tip: Use this exercise to establish a stroke count
	10	Freestyle	4 x 50m	@ 01:00 min 80% effort, using stroke count from previous exercise
Warm Down	11	Freestyle	1 x 100m	