

Workout of the Month : Swim with Fins

By Sue Haugh

Example of a Swim with Fin Set: focus on legs throughout the set; distance under water off walls; streamline position under water off walls; tight core.

Repeat two times

(10 x 125) swim w/fins; rotating 25s

#1 - 25 blast kick only; 100 swim

#2 - 25 swim; 25 blast kick; 75swim

#3 - 50 swim; 25 blast kick only; 50 swim

#4 - 75 swim; 25 blast kick only; 25 swim

#5 - 100 swim; 25 blast kick only