

WEEKLY SWIM WORKOUTS !!



Typical Practice

“Faster” Group
2 X 200 Warm-up
9 x 50M
modified Swim

4 Sets:

- 3 x 50 on 1:10
- 2 x 75 on 1:40
- 2 x 100 on 2:30

Easy 200M cool down

“Fast” Group
2 X 150 Warm-up
7 x 50M
modified Swim

4 Sets:

- 4 x 50 on 1:30
- 2 x 75 on 1:45

Easy 200M cool down

Looking for a new challenge?
Want to improve your swimming?
Interested in swimming with a
bunch of like-minded swimmers?

If you can swim 200 meters at one
time (speed not an issue) and wish to
increase your fitness, distance and/or
speed, come join us.

SWIM SESSIONS
6:30 PM
Mon & Thu



Questions??

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