

# 30 MINUTE

*beginner swimming workout*

## WARM-UP

Stretch

Easy laps with kickboard

## SWIM

200m (2 laps) - freestyle stroke

400m (4 laps) - breaststroke

200m (2 laps) - backstroke

400m (4 laps) - sidestroke

200m (2 laps) - freestyle stroke

## COOL-DOWN

Easy laps with stroke of your choice



# Swimming For Fitness

**Wolfgang Guggemos**



## **Swimming For Fitness:**

## Swimming For Fitness Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Swimming For Fitness**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Swimming For Fitness Introduction**

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