

Five Mile Club*

http://www.Agape-Restoration-Society.org/homes-jobs/to_your_health.htm

A. Eleven laps (first 1/3 mile): takes about 15-17 minutes. **(1/3 mile x 3 times/week = 1 mile/week.)**

1. Right side stroke to deep end, back frog stroke to shallow end.
2. Breast stroke to deep end, back crawl stroke to shallow end.
3. Left side stroke to deep end, back frog stroke to shallow end.
4. Combo: 6 right side strokes, 6 breast strokes, 6 left side strokes to deep end; 6 back frog strokes and 6 back crawl strokes to shallow end.
----- (take 5 breaths) -----
5. Right side stroke to deep end, back crawl stroke to shallow end.
6. Breast stroke to deep end, back frog stroke to shallow end.
7. Left side stroke to deep end, back crawl stroke to shallow end.
----- (take 5 breaths) -----
8. Right side stroke to deep end, back frog stroke to shallow end.
9. Breast stroke to deep end, back crawl stroke to shallow end.
10. Left side stroke to deep end, back frog stroke to shallow end.
11. Combo: 6 right side strokes, 6 breast strokes, 6 left side strokes to deep end; 6 back frog strokes and 6 back crawl strokes to shallow end.
---- (take 10 breaths) ----

B. Eleven laps (second 1/3 mile): same as above. **(2/3 mile x 3 times/week = 2 miles/week.)**

---- (take 10 breaths) ----

C. Eleven laps (third 1/3 mile): same as above. **(1 mile x 3 times/week = 3 miles/week.)**

---- (take 10 breaths) ----

D. Eleven laps (fourth 1/3 mile): same as above. **(1-1/3 miles x 3 times/week = 4 miles/week.)**

---- (take 10 breaths) ----

E. Eleven laps (fifth 1/3 mile): same as above. **(1-2/3 miles x 3 times/week = 5 miles/week.)**

***Warning:** don't try doing too much too soon. If you push yourself too hard, you may strain some muscles and likely give up. So start small and build your strength and endurance gradually. It's better to start at 1/3 mile 3 times/week, and build up from there! Alternating your strokes also gives various muscles a chance to rest while other muscles do the work. The energy output per distance for swimming -- a low impact exercise -- is 6-8 times more than that for running, so swimming 4 miles is equivalent to running more than a marathon, but it's easier on your body!