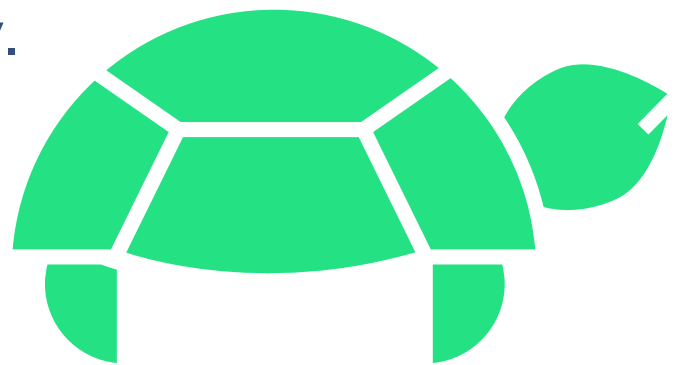


Training Tips to Build **Endurance**

START SLOW, BUT STAY CONSISTENT

Swim regularly and ramp up training load gradually.

But don't push yourself too hard, too fast so you don't risk burnout or injury.



Switch Things Up

LOWER REPS, LONGER DISTANCE PER SET

E.g. Do 8x50, then 4x100, then 2x200, and work your way up to 400.



INTERVAL TRAINING

Lower your intervals/rest times as you get faster or keep the same intervals but increase intensity.

DRY-LAND OR CROSS-TRAINING

Strength training can help train your body to sustain more stress without fatiguing too quickly

