

# 30 minute activity challenge

"TRY YOUR BEST, BUT  
DON'T PUSH YOURSELF  
- YOU'LL SOON  
SEE THE BENEFITS!"

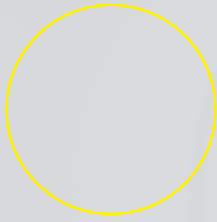
## MAKE A SPLASH!

Don't forget to go online  
to complete your 30 Minute  
Activity Challenge.

[www.30min-challenge.com](http://www.30min-challenge.com)

everyone  
ACTIVE

Feel better for it



Don't forget  
to return  
this card to  
the unit.  
Thanks.

Session

30

## TIP **Time your session** - Try to better on next visit

This session can be done in your own choice of stroke

### **Warm Up**

4 lengths: swim



4 lengths: legs only

4 lengths: swim



4 lengths: arms only (Pull Buoy Optional)

### **Main Set**

6 x 2 lengths: steady pace

(15 seconds rest after each 2)

6 x 3 lengths: slightly faster

(30 seconds rest after each 3)

4 x 4 lengths: sprint

(30 seconds rest after each 4)

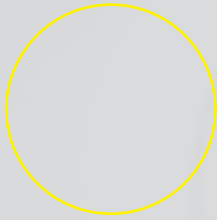
### **Warm Down**

8 lengths: easy swim

**TOTAL 70 lengths**

everyone  
ACTIVE

You'll feel better for it



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Thanks.

Session

36

## TIP **Keep rest period to a minimum**

This session can be done in your own choice of stroke

### **Warm Up**

16 lengths: swim



12 lengths: arms only (Pull Buoy Optional)

8 lengths: swim



4 lengths: legs only

### **Main Set**

3 x 16 lengths: swim

Try to keep the same time for each 16 lengths

(1 minute rest after each 16 lengths)



3 x 8 lengths: arms only (Pull Buoy Optional)

(30 seconds rest after each 8)

### **Warm Down**

8 lengths: easy swim

**TOTAL 120 lengths**

everyone  
ACTIVE

You'll feel better for it