

30 minute activity challenge

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

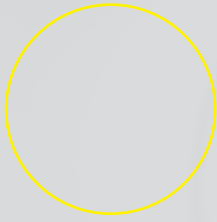
MAKE A SPLASH!

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

www.30min-challenge.com

everyone
ACTIVE

Feel better for it



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

Session

1

TIP **Keep strokes long**

This session can be done in your own choice of stroke

Warm Up

4 lengths: 2 easy swim, 2 slightly faster

Main Set

(Take a 20 second rest between each length)



1 length: strong arms (Pull Buoy Optional)

1 length: easy swim

1 length: slightly faster



1 length: strong legs (Kickboard Optional)

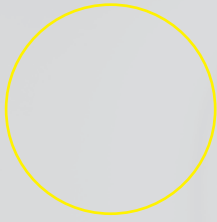
Warm Down

2 lengths easy swim

TOTAL **10 lengths**

everyone
ACTIVE

You'll feel better for it



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Session

8

TIP **Stay relaxed whilst swimming**

This session can be done in your own choice of stroke

Warm Up

4 lengths: 2 easy swim, 2 slightly faster

Main Set



4 lengths: legs only (Kickboard Optional)

2 lengths: 1 easy swim, 1 sprint



2 lengths: strong legs (Pull Buoy Optional)

4 lengths: 1 easy swim, 1 sprint (Repeat)

4 lengths: 2 strong arms, 2 strong legs

(Equipment Optional)

2 lengths: 1 easy swim, 1 sprint

Warm Down

2 lengths: easy swim

TOTAL **24 lengths**

everyone
ACTIVE

You'll feel better for it