



In this super simple continuous endurance swim you're going to swim 200s alternating between swimming and pulling.

Here's what you do:

- 1st 200: swim freestyle breathing every 3 strokes
- 2nd 200: pull (use pull buoy) breathing every 5 strokes
- Repeat until you run out of time

It's that easy!

Note how long you swim and what distance you cover so you can try to beat it next time.

How comparable is breathing every 5 strokes with a pull buoy vs every 3 strokes without it? You will likely find it's easier. This is because you don't have to expend energy kicking and the pull buoy makes it easy to maintain a good body position.

Also note that even though you might be swimming quicker with the pull buoy, it's easier aerobically. What normally feels tough without the pull buoy can seem surprisingly "easy".

This very straightforward swim is a great option when you are short on time and want to keep things simple.