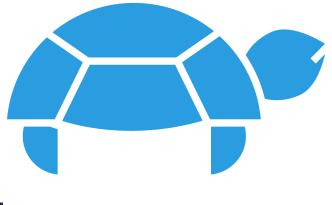


## Training Tips to Build Endurance

### 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



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