

MAY FITNESS CHALLENGE!

MAKE WAVES IN MAY!



MAY 2026

WEEK 1

JUST JUMP IN!

Focus: Consistency & comfort in the water.

Challenges: Try 2 different strokes (freestyle, backstroke, etc.)

Goal: Swim 2–3 days

10–20 minutes per session (or ~300–800 yards)

Mini-challenge:
“First Splash” Attend your first swim of the month

WEEK 2

FIND YOUR FLOW

Focus: Longer swims & pacing.

Challenges: Swim your longest continuous distance.

Goal: Swim 3–4 days, 20–30 minutes per session (or ~800–1500 yards)

Mini-challenge:
“500 Club” Swim 500 yards nonstop (modify as needed)

WEEK 3

TURN UP THE TEMPO

Focus: Intervals & technique.

Challenges: Do a timed 100-yard swim.

Goal: Swim 3–4 days, Include at least 1 interval workout

Sample Workout: 4 × 50 easy, 4 × 50 moderate, & 4 × 25 fast.

Mini-challenge:
“Fast Friday” One speed-focused session

WEEK 4

PUSH & CELEBRATE

Focus: Personal best & fun.

Challenges: Beat your Week 2 distance or time.

Goal: Swim 3–5 days & Hit your longest weekly distance.

Mini-challenge:
“May Marathon” Swim your personal longest distance of the month

