



Map to Front Crawl

How to play swim golf?

Golf is a swimming game that measures your efficiency.

Typically we swim 4 x 50 with :15 - :20 rest after each 50 (or how long it takes you to do the math).

The **object** of the game is to get a lower **score** with each 50.

Score = **Time** for a 50 + the **Number** of strokes for a 50m

E.g. If you swim your 1st 50m in 50 seconds while taking 50 strokes your score is: 50+50 = 100

Always aim to start with a high score and then figure out how you can get your score lower each 50.

You will find this quite fun and sometimes quite enlightening.

If you have time to do 2 rounds. E.g. 2 x (4 x 50m :15)

On the start of the second round you would again start with a high score and slow swim stroke.

Have Fun!

Coach Todd

Score Card

	Time	# of Strokes	Score
1 st 50			
2 nd 50			
3 rd 50			
4 th 50			
