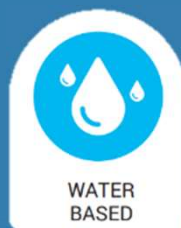
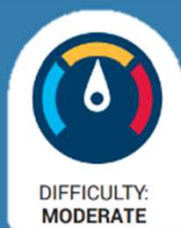


# Run-swim-run

Extension for sprints



Lifesaving  
education programs

In this activity, participants will improve their combined swimming and running techniques to complete a run-swim-run.

## Equipment

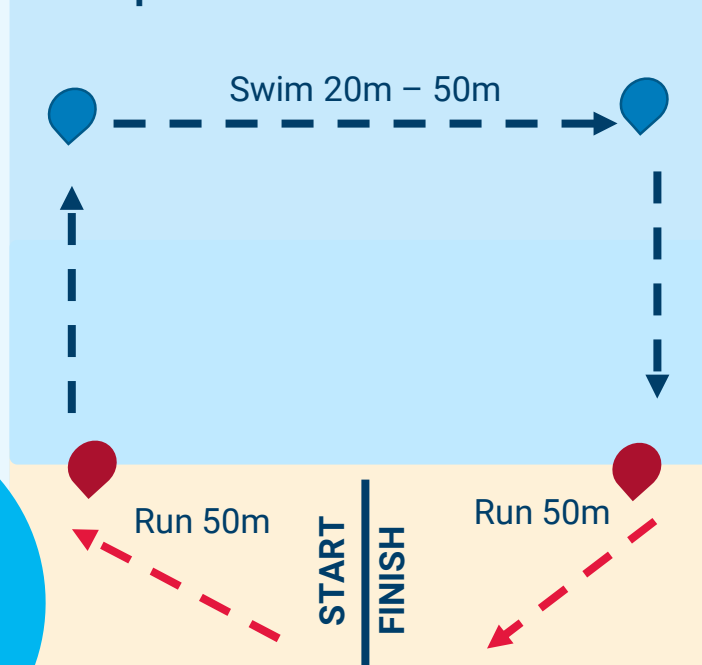
- ☐ Buoys, cones, flags or other markers

## Instructions

- 1) Set up a Run-Swim-Run Course in knee to waist depth water.
- 2) Explain the course to participants, doing a walk through of the environment as a group. Focus on any hazards, specifically how to safely enter and exit the water.
- 3) The participants will begin the run section of the course before entering the water.
- 4) When entering the water participants will wade until deep enough to begin dolphin diving or swimming. Participants will move around two markers in the water before finishing with a final run leg.

In a pool, set up away from water's edge and replace run section with stationary exercises such as squats or push ups.

## Example course:



## How to wade:

Just like running, except the goal is to lift your legs completely out of the water and bring your knees out to the side to move quickly through shallow water.