### Warm up

- **2 x 100yd Freestyle Swim (even pace), rest 0:20 / 100yd**
  
  Freestyle swim at a steady pace.

### Build up

- **4 x 25yd Breaststroke, 3 kicks, 1 arm stroke, rest 0:10 / 25yd**
  
  Breaststroke swim completing three kicks to every stroke.

- **2 x 25yd Easy Any Stroke, rest 0:10 / 25yd**
  
  Swim your choice of stroke, at a slow, relaxed pace.

- **2 x 25yd Breaststroke Stretch & Glide, rest 0:10 / 25yd**
  
  Breaststroke swim, pausing at the end of each stroke with an extended glide for 2 seconds. Pace yourself by thinking “one Mississippi two Mississippi” during the glide.

### Core

- **8 x 25yd Freestyle Swim, rest 0:10 / 25yd**

- **8 x 25yd 50/50 Freestyle + Breaststroke, rest 0:10 / 25yd**
  
  Swim alternate lengths of Freestyle and Breaststroke. If you prefer, you can split longer distances by units instead of pool lengths e.g. Swim 100 Freestyle followed by 100 Breaststroke.

- **8 x 25yd Freestyle DPS, rest 0:10 / 25yd**
  
  Freestyle swim with maximum Distance Per Stroke (DPS). Concentrate on long, efficient strokes and a high streamlined body position to reduce drag in the water. Count your strokes per lap and try to reduce.

### Warm down

- **1 x 50yd Breaststroke Easy, rest 0:15 / 50yd**
  
  Breaststroke swim at a slow, relaxed pace.

- **1 x 50yd Freestyle Easy, rest 0:15 / 50yd**
  
  Freestyle swim at a slow, relaxed pace.

### Intensity key

- **Easy**: 50-60% of your maximum heart rate
- **Aerobic**: 60-70% of your maximum heart rate
- **Endurance**: 70-80% of your maximum heart rate
- **Sprint**: 80-90% of your maximum heart rate