

Duration 45-60 mins

Distance 2600yd

Pool length 25yd



Warm up (repeat 2 times)

- 1 x 100yd Backstroke Easy, rest 0:15 / 100yd

Backstroke swim at a slow, relaxed pace. Concentrate on long slow strokes.

- 2 x 50yd Breaststroke Easy, rest 0:15 / 50yd

Breaststroke swim at a slow, relaxed pace.

Build up

- 6 x 50yd Breaststroke Pull with a pull buoy, rest 0:15 / 50yd

Breaststroke without kicking.

- 2 x 50yd Freestyle Swim, rest 0:10 / 50yd

- 4 x 50yd Breaststroke, 2 kicks, 1 arm stroke, rest 0:15 / 50yd

Breaststroke swim completing two kicks to every stroke.

Core

- 4 x 100yd Breaststroke Swim, target time 01:55 / 100yd, rest 0:20 / 100yd

Breaststroke swim at a steady pace, trying to keep closely to the given target time for every 100yd. If your target time is too easy or too difficult please complete another time trial.

- 8 x 100yd Freestyle Swim, target time 01:35 / 100yd, rest 0:20 / 100yd

Freestyle swim at a steady pace, trying to keep closely to the given target time for every 100yd. If your target time is too easy or too difficult please complete another time trial.

- 4 x 50yd Butterfly Swim, target time 00:58 / 50yd, rest 0:15 / 50yd

Butterfly swim at a steady pace, trying to keep closely to the given target time for every 50yd. If your target time is too easy or too difficult please complete another butterfly time trial.

Warm down

- 4 x 25yd Freestyle Easy, rest 0:10 / 25yd

Freestyle swim at a slow, relaxed pace.

- 4 x 25yd Breaststroke Easy, rest 0:10 / 25yd

Breaststroke 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