



# INTRAMURALS

**Duration** 45-60 mins

**Distance** 3000yd

**Pool length** 25yd

## Warm up (repeat 6 times)

- 1 x 50yd Freestyle Swim (even pace), rest 0:15 / 50yd  
Freestyle swim at a steady pace.
- 1 x 50yd Breaststroke Swim (even pace), rest 0:15 / 50yd  
Breaststroke swim at a steady pace.

## Build up

- 6 x 25yd Backstroke Swim, rest 0:10 / 25yd
- 6 x 25yd Freestyle Swim, rest 0:10 / 25yd
- 6 x 25yd Backstroke Swim, rest 0:10 / 25yd
- 6 x 25yd Backstroke Kick, rest 0:10 / 25yd  
Kick on your back with arms held loosely by your side.

## Core (repeat 2 times)

- 4 x 100yd Freestyle Swim, rest 0:20 / 100yd
- 4 x 100yd Backstroke Swim, leave on 02:10 / 100yd  
Backstroke swim, starting every 100yd set on the defined time period. The departure time combines your swimming target time and rest time, so the faster you go the more rest you will have. Conversely, the slower you swim, the less rest time you will have.

## Warm down (repeat 2 times)

- 1 x 50yd Freestyle Push & Glide, rest 0:15 / 50yd  
Freestyle swim, pausing at the end of every stroke with arms out-stretched, one held out front, the other held loosely against the body.
- 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