



INTRAMURALS

Duration 45-60 mins

Distance 1650yd

Pool length 25yd

Warm up (repeat 2 times)

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

Build up

- 4 x 25yd Breaststroke, 3 kicks, 1 arm stroke with paddles, rest 0:10 / 25yd
Breaststroke swim completing two kicks to every stroke.
- 2 x 25yd Swim (any stroke), rest 0:10 / 25yd
Swim your choice of stroke.
- 4 x 25yd Breaststroke Stretch & Glide with paddles, 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 50yd Freestyle Swim, rest 0:15 / 50yd
- 12 x 25yd Breaststroke Swim, rest 0:10 / 25yd
- 6 x 50yd Freestyle Bilateral Breathing, rest 0:15 / 50yd
Freestyle swim with breathing on alternate sides, typically every 3 strokes.

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