

**Duration** 45-60 mins

**Distance** 3799yd

**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 Backstroke Swim (even pace), rest 0:15 / 50yd  
Backstroke swim at a steady pace.

### Build up

- 4 x 100yd Backstroke DPS with paddles, rest 0:15 / 100yd  
Backstroke 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.
- 6 x 50yd Backstroke Single Arm with paddles (arm by side) 12 x left, 12 x right, 12 x full stroke, rest 0:10 / 50yd  
Backstroke using one arm at a time, focusing on shoulder and hip rotation. Complete 12 arm strokes with the left arm then 12 strokes with the right arm, followed by 12 strokes using both arms. The non-stroking arm is held loosely by your side.
- 6 x 50yd Backstroke Push & Glide with paddles, rest 0:10 / 50yd  
Backstroke swim, pausing at the end of every stroke with arms out-stretched for 10 kicks. One arm should be held out front and the other held loosely against your body while kicking.

### Core

- 5 x 200yd Freestyle Swim, leave on 04:00 / 200yd  
Freestyle swim, starting every 200yd 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.
- 3 x 200yd Freestyle Swim, leave on 03:55 / 200yd  
Freestyle swim, starting every 200yd 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.
- 2 x 200yd Freestyle Swim, leave on 03:50 / 200yd  
Freestyle swim, starting every 200yd 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 Easy, rest 0:10 / 50yd  
Freestyle swim at a slow, relaxed pace.
- 1 x 50yd Breaststroke Easy, rest 0:10 / 50yd  
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