

**Duration** 45-60 mins

**Distance** 2300yd

**Pool length** 25yd



### Warm up

- 4 x 100yd Freestyle Swim (even pace), rest 0:15 / 100yd

Freestyle swim at a steady pace.

### Build up (repeat 2 times)

- 2 x 25yd Butterfly kick with fins, arms by sides, rest 0:10 / 25yd
- 2 x 50yd Butterfly Swim with fins, rest 0:20 / 50yd
- 2 x 25yd Butterfly half stroke with fins, rest 0:10 / 25yd

Butterfly arm stroke pull followed by underwater arm recovery, returning to streamline body position. It should take 4 kicks to recover.

### Core

- 6 x 100yd Backstroke Swim, rest 0:20 / 100yd
- 6 x 50yd 50/50 Backstroke + Butterfly, rest 0:20 / 50yd

Swim alternate lengths of Backstroke and Butterfly. If you prefer, you can split longer distances by units instead of pool lengths e.g. Swim 100 Backstroke followed by 100 Butterfly. Beginners can split lengths e.g. swim 1/2 pool length Backstroke and 1/2 pool length Butterfly.

- 4 x 100yd 50/50 Backstroke + Breaststroke, rest 0:20 / 100yd

Swim alternate lengths of Backstroke and Breaststroke. If you prefer, you can split longer distances by units instead of pool lengths e.g. Swim 100 Backstroke followed by 100 Breaststroke.

### Warm down

- 1 x 100yd Freestyle Easy, rest 0:20 / 100yd
- 1 x 100yd Easy Any Stroke, rest 0:20 / 100yd

Freestyle swim at a slow, relaxed pace.

Swim your choice of stroke, 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