

**Duration** 45-60 mins

**Distance** 3600yd

**Pool length** 25yd



## Warm up

- 4 x 50yd Freestyle Easy, rest 0:15 / 50yd

Freestyle swim at a slow, relaxed pace.

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

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

- 4 x 50yd Freestyle Easy, rest 0:15 / 50yd

Freestyle swim at a slow, relaxed pace.

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

## Build up (repeat 2 times)

- 1 x 100yd Single Arm (arm out front) 6 x left, 6 x right, 6 x full stroke, rest 0:15 / 100yd

Freestyle using one arm at a time, focusing on shoulder and hip rotation. Complete 6 arm strokes with the left arm then 6 strokes with the right arm followed by 6 strokes using both arms. The non-stroking arm is held out front in a streamlined position.

- 6 x 50yd Freestyle DPS, rest 0:10 / 50yd

Freestyle 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.

- 1 x 100yd Zipper, rest 0:15 / 100yd

Freestyle drill to emphasize arm recovery. Adjust your stroke recovery by grabbing an imaginary zipper between your thumb and forefinger and pull the zipper up your leg, hip and the side of your chest.

## Core (repeat 3 times)

- 2 x 100yd Freestyle Swim, rest 0:15 / 100yd

- 4 x 100yd Individual Medley, rest 0:20 / 100yd

Swim strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle. You can split longer distances by pool length e.g. 4 x 100 can be split into two 4 x 50 sets. Beginners can split lengths e.g. swim 1/2 pool lengths of each stroke.

## Warm down

- 2 x 50yd Backstroke Easy, rest 0:10 / 50yd

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

- 2 x 50yd Freestyle Push & Glide, rest 0:10 / 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.