

**Duration** 45-60 mins  
**Distance** 4000yd  
**Pool length** 25yd



### Warm up (repeat 2 times)

- 2 x 100yd Backstroke Swim (Kick every 4th 25yd), rest 0:20 / 100yd

Backstroke swim for 75yd then Back Kick with arms loosely by your side for 25yd.

- 1 x 100yd Freestyle Swim (kick every 4th 25yd), rest 0:20 / 100yd

Freestyle swim for 75yd then kick with arms in a streamlined position for 25yd.

### Build up (repeat 2 times)

- 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.

- 2 x 100yd Freestyle Push & Glide, rest 0:15 / 100yd

Freestyle swim, pausing at the end of every stroke with arms out-stretched, one held out front, the other held loosely against the body.

- 4 x 50yd Breaststroke DPS, rest 0:10 / 50yd

Breaststroke 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.

### Core

- 4 x 200yd Freestyle Swim, rest 0:30 / 200yd
- 6 x 100yd Breaststroke Swim, rest 0:20 / 100yd
- 8 x 100yd Freestyle Bilateral Breathing, rest 0:20 / 100yd

Freestyle swim with breathing on alternate sides, typically every 3 strokes.

### Warm down

- 4 x 50yd Easy Any Stroke, rest 0:10 / 50yd

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