

**Duration** 45-60 mins

**Distance** 1100yd

**Pool length** 25yd



### Warm up

- 2 x 100yd Freestyle Swim (even pace), rest 0:20 / 100yd

Freestyle swim at a steady pace.

### Build up

- 4 x 25yd Breaststroke, 3 kicks, 1 arm stroke, rest 0:10 / 25yd

Breaststroke swim completing three kicks to every stroke.

- 2 x 25yd Easy Any Stroke, rest 0:10 / 25yd

Swim your choice of stroke, at a slow, relaxed pace.

- 2 x 25yd Breaststroke Stretch & Glide, 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 25yd Freestyle Swim, rest 0:10 / 25yd

- 8 x 25yd 50/50 Freestyle + Breaststroke, rest 0:10 / 25yd

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

- 8 x 25yd Freestyle DPS, rest 0:10 / 25yd

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.

### Warm down

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

Breaststroke swim at a slow, relaxed pace.

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

Freestyle 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