

**Duration** 45-60 mins

**Distance** 2600yd

**Pool length** 25yd



### Warm up (repeat 2 times)

- 1 x 100yd Backstroke Easy, rest 0:15 / 100yd

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

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

Breaststroke swim at a slow, relaxed pace.

### Build up

- 6 x 50yd Breaststroke Pull with a pull buoy, rest 0:15 / 50yd

Breaststroke without kicking.

- 2 x 50yd Freestyle Swim, rest 0:10 / 50yd

- 4 x 50yd Breaststroke, 2 kicks, 1 arm stroke, rest 0:15 / 50yd

Breaststroke swim completing two kicks to every stroke.

### Core

- 4 x 100yd Breaststroke Swim, target time 01:55 / 100yd, rest 0:20 / 100yd

Breaststroke swim at a steady pace, trying to keep closely to the given target time for every 100yd. If your target time is too easy or too difficult please complete another time trial.

- 8 x 100yd Freestyle Swim, target time 01:35 / 100yd, rest 0:20 / 100yd

Freestyle swim at a steady pace, trying to keep closely to the given target time for every 100yd. If your target time is too easy or too difficult please complete another time trial.

- 4 x 50yd Butterfly Swim, target time 00:58 / 50yd, rest 0:15 / 50yd

Butterfly swim at a steady pace, trying to keep closely to the given target time for every 50yd. If your target time is too easy or too difficult please complete another butterfly time trial.

### Warm down

- 4 x 25yd Freestyle Easy, rest 0:10 / 25yd

Freestyle swim at a slow, relaxed pace.

- 4 x 25yd Breaststroke Easy, rest 0:10 / 25yd

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