



INTRAMURALS

Duration 45-60 mins

Distance 3598yd

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

- 3 x 100yd Breaststroke Pull with a pull buoy and paddles, rest 0:20 / 100yd
Breaststroke without kicking.
- 1 x 200yd Freestyle Swim, rest 0:20 / 200yd
- 6 x 50yd Breaststroke, 2 kicks, 1 arm stroke, rest 0:10 / 50yd
Breaststroke swim completing two kicks to every stroke.

Core

- 10 x 100yd Backstroke Swim (even pace), rest 0:15 / 100yd
Backstroke swim at a steady pace.
- 10 x 100yd Freestyle Swim (even pace), rest 0:15 / 100yd
Freestyle swim at a steady pace.

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.

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