



INTRAMURALS

Duration 45-60 mins

Distance 2600yd

Pool length 25yd

Warm up (repeat 2 times)

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

Build up

- 3 x 200yd Freestyle Swim, rest 0:30 / 200yd

Core

- 5 x 100yd Freestyle Swim with paddles, rest 0:15 / 100yd
- 8 x 50yd Breaststroke Swim with paddles, rest 0:10 / 50yd
- 5 x 100yd Backstroke Swim with paddles, rest 0:15 / 100yd

Warm down

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