



# INTRAMURALS

**Duration** 45-60 mins

**Distance** 3000yd

**Pool length** 25yd

## Warm up (repeat 3 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 50yd Backstroke Swim, rest 0:20 / 50yd
- 3 x 50yd Freestyle Swim, rest 0:20 / 50yd
- 3 x 50yd Backstroke Swim, rest 0:20 / 50yd
- 3 x 50yd Backstroke Kick, rest 0:20 / 50yd  
Kick on your back with arms held loosely by your side.

## Core

- 3 x 200yd Freestyle Pull with a pull buoy, rest 0:30 / 200yd
- 5 x 100yd Breaststroke DPS, rest 0:20 / 100yd  
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.
- 5 x 100yd Freestyle Swim, 50/50 Easy + Effort, rest 0:20 / 100yd  
Swim Freestyle with alternating laps of easy and effort.

## Warm down

- 2 x 100yd Easy Any Stroke, rest 0:20 / 100yd  
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