

Duration 45-60 mins

Distance 3000yd

Pool length 25yd



Warm up

- 8 x 50yd Any Stroke (even pace), rest 0:15 / 50yd

Swim your choice of stroke at a steady pace.

- 4 x 50yd Breaststroke, 2 kicks, 1 arm stroke, rest 0:15 / 50yd Breaststroke swim completing two kicks to every stroke.

Build up

- 6 x 50yd Breaststroke, 3 kicks, 1 arm stroke with paddles, rest 0:15 / 50yd

Breaststroke swim completing two kicks to every stroke.

- 2 x 50yd Swim (any stroke), rest 0:10 / 50yd

Swim your choice of stroke.

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

Breaststroke swim completing two kicks to every stroke.

Core

- 6 x 100yd Freestyle Pull with a pull buoy, rest 0:15 / 100yd

- 10 x 50yd Breaststroke Swim, rest 0:10 / 50yd

- 5 x 100yd Freestyle DPS, rest 0:15 / 100yd

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 (repeat 2 times)

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

Freestyle swim at a slow, relaxed pace.

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

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