

Duration 45-60 mins
Distance 3600yd
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 Breaststroke Swim (even pace), rest 0:15 / 100yd
Breaststroke swim at a steady pace.

Build up (repeat 4 times)

- 2 x 50yd Backstroke DPS, rest 0:10 / 50yd
Backstroke 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.
- 1 x 50yd Backstroke Single Arm (arm by side) 12 x left, 12 x right, 12 x full stroke, rest 0:10 / 50yd
Backstroke using one arm at a time, focusing on shoulder and hip rotation. Complete 12 arm strokes with the left arm then 12 strokes with the right arm, followed by 12 strokes using both arms. The non-stroking arm is held loosely by your side.
- 1 x 50yd Backstroke Push & Glide, rest 0:10 / 50yd
Backstroke swim, pausing at the end of every stroke with arms out-stretched for 10 kicks. One arm should be held out front and the other held loosely against your body while kicking.

Core

- 8 x 100yd Freestyle Swim, rest 0:20 / 100yd
- 6 x 100yd 50/50 Freestyle + Breaststroke, rest 0:20 / 100yd
Swim alternate lengths of Freestyle and Breaststroke. If you prefer, you can split longer distances by units instead of pool lengths e.g. Swim 100 Freestyle followed by 100 Breaststroke.
- 6 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 50yd Breaststroke Easy, rest 0:10 / 50yd
Breaststroke swim at a slow, relaxed pace.
- 2 x 50yd Backstroke Easy, rest 0:10 / 50yd
Backstroke swim at a slow, relaxed pace. Concentrate on long slow strokes.

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