

Warm up

- 4 x 50yd Freestyle Swim (even pace), rest 0:15 / 50yd

Freestyle swim at a steady pace.

Build up (repeat 4 times)

- 1 x 25yd Streamline Kicking, rest 0:10 / 25yd

Freestyle kick with arms held out front in a streamlined position. Fingers overlap with one thumb lightly gripping the opposite hand. Lift your chin above the water to breath without turning your head.

- 1 x 25yd Single Arm (arm by side) 6 x left, 6 x right, 6 x full stroke, rest 0:10 / 25yd

Freestyle using one arm at a time, focusing on shoulder and hip rotation. Complete 6 arm strokes with the left arm followed by 6 strokes with the right arm. The non-stroking arm is held loosely by your side.

Core



- 5 x 50yd Freestyle Pull with a pull buoy, rest 0:20 / 50yd
- 6 x 25yd Breaststroke Swim, rest 0:15 / 25yd
- 8 x 25yd Freestyle DPS, rest 0:15 / 25yd

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

- 4 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