

## WARM UP

- 200m (100m) Freestyle Swim (even pace)

## BUILD UP

- 6 (4) x 75m, rest 0:30 / 75m
  - 25m - Single Arm freestyle (arm by side)  
6 x left, 6 x right, 6 x full stroke, [Easy]
  - 25m - kicking, [Aerobic]  
Freestyle kick with arms held out front in a streamlined position.
  - 25m - full stroke freestyle concentrating on distance per stroke

## CORE

- 2 x 200m (150m) Freestyle Swim DPS  
[steady pace], rest 0:30
- 3 x 100m (50m) Any stroke [steady pace],  
rest 0:60
- 6 x 50m (25m) any stroke. Fast in and out  
of the turns, rest 0:20 / 100m [Aerobic]

## WARM DOWN

- 1 x 100m Easy swim down - any stroke

*Total distance: 1750m (1100m)*

*Monday 25th March 2013*