

Freestyle Technique

Warm up:

2x { 4 x 50s SKPS (Swim , Kick , Pull Swim)

Set 1:

4 x 25s drill (1,2,3, pause)
2 x 100 freestyle
4 x 25s drill (thumb touch)
2 x 100 freestyle
4 x 25s drill (strong kick, easy pull)

Set 2:

4 x 50s - one less stroke less on each 50

Set 3:

3x { 25 (12.5 fast, 12.5 easy)
25 (12.5 easy, 12.5 fast)
25s easy
25s fast

Cool down:

2 x 100s free
2 x 50s back kick

Easy Stretch

Approx.: 60 min

Total: 1900