

**Free Trial**

Warm up:

200 - 100 freestyle, 50 back, 50 free

Pre set:

2 x 100 - 100 Freestyle drill, 100 Freestyle Kick

4 x 25s – kick with board

3 x 50 – 50 drill, 50 kick, 50 free

3 x 25s kick with board

easy 25

3 x 25 -25 drill, 25 kick, 25 free

1 x 25 – fast kick

Rest necessary amount to not get super tired.

Main set:

25 freestyle - 80% effort

50 freestyle - 80%

75 freestyle - 80%

100 freestyle - 80%

75 freestyle - 85%

50 freestyle - 90%

25 freestyle – 100%

Rest = until you feel ready

2 x 25 sprint freestyle

Warm down:

3 x 100

Stretch 12 minutes (Use the stretching guide)