

Warm up:

2 x 25 Kick on back
 4 x 25 Freestyle
 2 x 50 Kick with a board
 4 x 50 Catch-up swim

Technique:

Rest: 25 seconds after each 25

2 x 25 Kick on you back holding a board up
 2 x 25 Over kick freestyle
 2 x 25 Kick keeping straight knees
 2 x 25 Freestyle fast
 2 x 25 Kick keeping glutes tight
 2 x 25 Kick with on the side with only one hand on the board
 2 x 25 Backstroke
 2 x 12.5 Super wide kick
 2 x 12.5 Super narrow kick
 2 x 25 Over kick freestyle
 4 x As far as you can go without breathing on streamline with fast kick with your head in the water.

Main set:

6 x 75 holding fast pace, resting 30 seconds after each one

Rest 2:00

6 x 25 All out freestyle with 6 or 7 fast underwater kicks
 2 x 50 Easy freestyle
 2 x 50 Fast freestyle with fire flip turns (fast flip turns)

Warm down:

100 easy free
 50 easy kick on back

Stretch 10 minutes

Total : 1,850