



## **Intermediate Swim Programme**

**Total Distance: 70 lengths (1750m)**

### **Warm up:**

10 lengths any stroke (250m)

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### **Main:**

1 min rest between each set 10 lengths legs only with a kick board (250m)

10 lengths full front crawl (250m)

10 lengths arms only with pull buoy (250m)

10 lengths back crawl (250m)

5x50m sprints 30sec between each (250m)

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### **Cool down:**

10 lengths any stroke (250m)