

Intermediate Swim Programme

Warm up:

200m front crawl

Main:

8 x 25m front crawl sprints :30sec rest between length
Try swim each length without taking a breath

2 x 200m front crawl counting strokes per length

8 x 25m front crawl sprints resting :30sec rest between length
Try swim each length without taking a breath

8 x 50m front crawl legs only :30sec rest between each 50m

Cooldown:

200m freestyle
Slow and Relaxed swim

Total Distance: 1600m