

# **Master Swim Programme**

## **Warm up:**

400m Front crawl

## **Main:**

8 x 100m front crawl sprints :15sec rest between each 100m  
*sprint on the first 50m of the 100m sprint and an easy 50m after that*

200m front crawl with bilateral breathing  
*breathe on every 3<sup>rd</sup> or 5<sup>th</sup> Stroke*

8 x 100m IM sprints using 2 of the 4 strokes :30sec rest between each  
100m  
*mix up the 2 strokes you sprint on each 100m*

8 x 25m front crawl sprints :15sec rest between each length  
*don't breathe for the entire length*

## **Cooldown:**

300m choice of stroke  
*slow and relaxed swim*

**Total Distance:** 2700m