



### FREE SWIM SET - 3K HARD

200m swim choice / 200m pull / 200m kick / 100m swim choice

16 x 50m Free – 4 x (25 metres one arm / 25 metres swim) – Change arms each 50.

6 x (15metres sprint + 35 metres Easy)

6 x (Alternate 1 x Hard; 1 x Moderate) - 10 secs rest between all 50's

2 x (3 x 100m Swim Choice @ 85% - 20 secs rest in between) - 60 secs rest between sets

9 x 50m Swim Choice – 1 x 90%, 20 secs then 2 x Easy - 10 secs rest between 50's

250m Kick Choice – Moderate

200m Swim Choice – Easy

3K

### TERMINOLOGY

- Kick Choice – your choice of Kick - with or without kickboard;
- Pull – use a Pull Buoy during this set – no kicking allowed;
- Alternate – means to change between the two sets suggested;
- Build – means increase your pace over the set distance eg 75% then 80% then 90%;
- Easy = 70% of Maximum Effort; Moderate = 80% Maximum Effort; Hard = 90-95% of Maximum Effort;
- Swim Choice– Your choice of which stroke to Swim;
- One Arm – swim using One Arm whilst hold other arm straight out the front maintaining good streamline/flat body position;

**For more FREE Swim Sets go to <http://www.caloundra-aquatic.com.au/page/adult-swim-squad/default.asp>**

**Send your feedback to [info@caloundra-aquatic.com.au](mailto:info@caloundra-aquatic.com.au)**

**Would you like a personalised swim program? Email [info@caloundra-aquatic.com.au](mailto:info@caloundra-aquatic.com.au) to book in your FREE consultation.**

Disclaimer – We recommend you consult your doctor to discuss your health and fitness before undertaking any new exercise program. These programs are suggestions only and you can choose to amend them as you wish.