



FREE SWIM SET – 2K EASY

200m Free / 100m Kick / 100m Pull

10 X 50m Free - Stroke Count – 10 secs rest between 50's

8 X 75m - Alternate each 75 between:

1) Build pace – 25m @ 75% / 25m @ 80% / 25m @ 90%

2) 25m Hard / 25m Easy / 25m hard –

(10 secs rest between 75's)

100m swim choice easy

8 x 25m – Kick Choice – Hard – 15 Secs Rest between each 25m

200m cool down – 75 free / 25 back

2.0 K

TERMINOLOGY

- Kick Choice – your choice of Kick - with or without kickboard;
- Pull – use a Pull Buoy (or board between legs above knees) during this set – no kicking allowed;
- Stroke Count – Count your strokes as you swim the set distance – trying to maintain or lower the count throughout the set.
- 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

Would you like a personalised swim program? Email 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.