



FREE SWIM SET – 2K HARD

200 Freestyle Swim / 200 Kick – Butterfly or Breaststroke / 200 Pull

5 x 100 – Swim Choice – (20m Sprint + 80m Moderate) – 15 secs rest

8 x 75 Swim Choice – Alternate – 1) 25 One Arm / 25 other Arm / 25 Swim Easy
(Depart each 2 minutes) And 2) 25 One Arm / 25 Swim Choice / 25 Kick Hard

4 x 50 Swim Choice – Alternate 1 x 50 – Maximum Effort

(30 Seconds Rest between) 1 x 50 – Easy

100 Cool Down

2K

TERMINOLOGY

- Kick Choice – your choice of Kick - with or without kickboard;
- Pull – use a Pull Buoy 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 www.caloundra-aquatic.com.au/adult squad 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 only suggestions and you can choose to amend them as you wish.