



FREE SWIM SET – 1K HARD

9 x 50m Swim Choice – Alternate through 4 times –

1 x 50m Easy

1 x 50m Moderate

1 x 50m Hard – 10 Secs Rest

Then 50m Swim Easy

12 x 25m – Swim Choice - Hard – 15 Secs Rest between 25's

4 x 50m – Free - 15m Sprint Hard and 35m easy

1K

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 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.