

1800 meters

STRATHCLYDE SPORT

Intermediate Swim Plan 2



Warm-up

6 x 50 meters flutter kick on board with 20 seconds rest in between laps.

3 x 100 meters alternating freestyle and backstroke with 30 seconds rest in between.



6 x 50 meters alternating sprint kick and easy kick with a 15 second rest period in between laps.

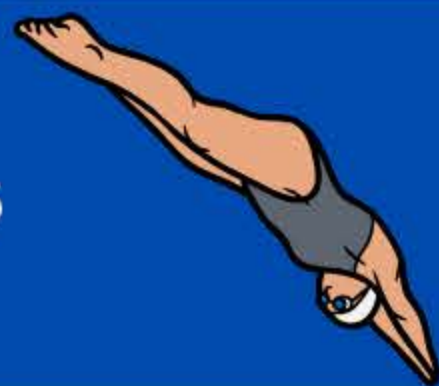
60 second rest.

6 x 50 meters freestyle with a 20 seconds rest period in between laps.



3 x 100 meters freestyle with 30 seconds rest in between laps.

6 x 50 meters alternating sprint freestyle and easy backstroke with 15 seconds rest in between laps.



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