

1600 meters

STRATHCLYDE SPORT

Intermediate Swim Plan 1



Warm-up

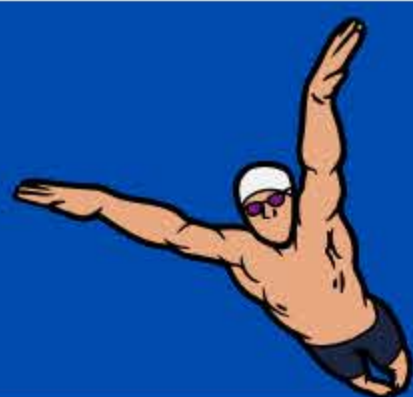
200 meters crawl warm-up with a 30 second rest period in between.

8 x 25 meters sprints resting: 30 seconds between lengths.



2 x 200 meters crawl counting strokes per length. Try to keep all lengths at an equal number of strokes

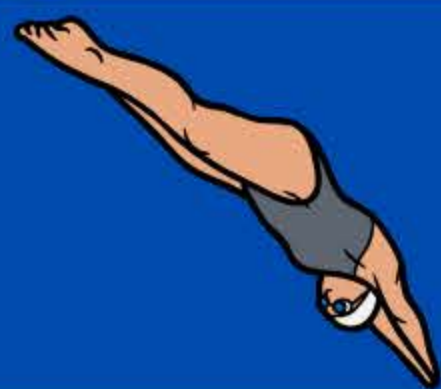
8 x 25 meters sprints resting: 30 seconds between lengths.



2 x 200 meters crawl counting kick timing. Count 3 kicks for every arm stroke.

Cool-down

200 freestyle cool-down. Swim slowly and relax your body.



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