

STRATHCLYDE SPORT

Intermediate Swim Plan 3



Warm-up

400 meters warm-up alternating lengths of crawl and other strokes.

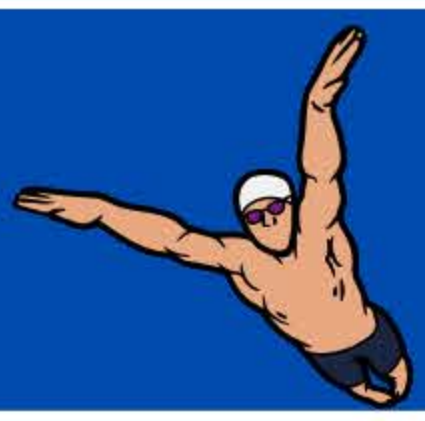
4 x 100 meters Individual medley (IM) alternating sprints with a 30 second rest duration in between. On the first IM sprint fly and breaststroke, on the second IM sprint freestyle and backstroke.



2 x 100 crawl. Rest for 30 seconds in between. Make the 2nd 100 meters faster than the first.

2 x 100 backstroke with a 30 second rest period in between. Make the 2nd 100 meters faster than the first.

2 x 100 breaststroke with 30 seconds rest in between. Make the 2nd 100 meters faster than the first.



4 x 100 meters IM with 30 seconds rest in between. Keep the timing consistent on each 100.

Cool-down

200 meters cool-down. Use all 4 strokes. Swim slowly.

