

SWIMMING

PROGRAM - EASY

Duration: 30 - 45 minutes

Distance: 1000m

Pool length: 25m

Warm up:

2 x 50m Freestyle swim (even pace), rest 0:15 / 50m

Freestyle swum at an even pace

Wind up: (Repeat 4 times)

1 x 25m Freestyle breath left, rest 0:10 / 25m

Freestyle swum breathing only to your left side

1 x 25m Freestyle breath right, rest 0:10 / 25m

Freestyle swum breathing only to your right side

Main set:

6 x 50m Freestyle DPS, rest 0:20 / 50m

Freestyle swum with a maximum distance per stroke (DPS). Concentrate on long, efficient strokes and a high streamlined body position to reduce drag in the water. Count your strokes per lap and to reduce.

6 x 50m Freestyle swim, rest 0:15 / 50m

Warm down:

1 x 100m Freestyle easy, rest 0:20 / 100m

Freestyle done at a slow and relaxed speed.

SWIMMING

PROGRAM - EASY

Duration: 30 - 45 minutes
Distance: 900M
Pool length: 25M

Warm up: (Repeat 2 times)

1 x 25m Freestyle swim (even pace), rest 0:10 / 25m

Freestyle swum at a steady pace

1 x 25m Breaststroke swim (even pace), rest 0:10 / 25m

Breaststroke swum at a steady pace

Wind up: (Repeat 3 times)

1 x 50m Single arm with kickboard and fins 6 x left, 6 times right, rest 0:10 / 50m

Freestyle swum using one arm at a time. Complete 6 arm strokes with the left arm followed by 6 strokes with the right arm. The non stroking arm holds the kick board out front with the stroking arm every 6 strokes.

1 x 50m Freestyle kick with fins, rest 0:10 / 50m

Freestyle kicking using a kickboard and fins. Grip the front and rest your arms on the board. Your chin should be just touching the water.

Main set:

4 x 50m Freestyle DPS, rest 0:10 / 50m

Freestyle swum with maximum distance per stroke (DPS). Concentrate on long, efficient strokes and a high streamlined body position to reduce drag in the water. Count your strokes per lap and try to reduce.

Warm down:

1 x 100m Easy stroke, rest 0:20 / 100m

Swim your choice of stroke, at a slow and relaxed pace.

SWIMMING

PROGRAM - EASY

Duration: minutes
Distance: M
Pool length: 25M

Warm up: (Repeat 2 times)

1 x 25m Freestyle swim (even pace), rest 0:10 / 25m

Freestyle swum at a steady pace

1 x 25m Breaststroke swim (even pace), rest 0:10 / 25m

Breaststroke swum at a steady pace

Wind up: (Repeat 3 times)

1 x 50m Single arm with kickboard and fins 6 x left, 6 times right, rest 0:10 / 50m

Freestyle swum using one arm at a time. Complete 6 arm strokes with the left arm followed by 6 strokes with the right arm. The non stroking arm holds the kick board out front with the stroking arm every 6 strokes.

1 x 50m Freestyle kick with fins, rest 0:10 / 50m

Freestyle kicking using a kickboard and fins. Grip the front and rest your arms on the board. Your chin should be just touching the water.

Main set:

4 x 50m Freestyle DPS, rest 0:10 / 50m

Freestyle swum with maximum distance per stroke (DPS). Concentrate on long, efficient strokes and a high streamlined body position to reduce drag in the water. Count your strokes per lap and try to reduce.

Warm down:

1 x 100m Easy stroke, rest 0:20 / 100m

Swim your choice of stroke, at a slow and relaxed pace.