



FREE SWIM SET – 3K EASY

Warm Up – 600 Swim Choice – Easy

3 x 400 Swim - 1 x 400 Pull (Paddles optional) – Swim Choice Moderate

1 x 400 Free - 25 Swim Choice / 25 Finger Drag

1 x 400 Free – alternate between 25 Fast and 25 Easy throughout 400

10 x 50 Kick Choice (Fins) – Hard – 10 Secs Rest between 50's

5 X 100 – All @ Moderate Pace – 15 secs rest between 100's

- 1 X Free, 1 X Back, 1 X Breastroke, 1 X Butterfly (or Free)

200 Cool Down

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;
- Finger Drag – Tips of fingers drag on top of the water as arm recovers forward – maintain high elbows.

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 only suggestions and you can choose to amend them as you wish.