

30 Lengths

WARM UP

- Swim 8 lengths alternating between front crawl and backstroke.
- Swim slowly for first 2 lengths and gradually increase speed over the next 6 lengths.

STROKE DEVELOPMENT

- Swim 6 lengths using your second choice of stroke.
- Try to reduce the number of strokes you take each length (see tip).
- Rest 15 seconds after each length.

MAIN SET

- Swim 12 lengths alternating every 3 lengths between front crawl and backstroke.
- Rest 30 seconds every 3 lengths.
- Swim at steady effort.

SWIM DOWN

- Swim 4 lengths with a swim stroke of your choice.
- Swim at easy effort.

QUICK TIP

Focus on lengthening out each stroke, holding each stroke for slightly longer each time.