

64 Lengths

WARM UP

- Swim 18 lengths using a swim stroke of your choice, easy effort.
- Rest until your breathing returns to normal.

STROKE DEVELOPMENT

- Swim 14 lengths using your first choice of stroke.
- Count the number of strokes on the first length, then aim to maintain the same number of strokes on subsequent lengths.

MAIN SET

- Swim 20 lengths using your first choice of stroke using the following set:
 - 4 lengths, steady effort, rest for 15 seconds.
 - 4 lengths, hard effort rest for 30 seconds.
 - 4 lengths, maximum effort, rest for one minute.
 - 4 lengths, steady effort rest for 30 seconds.
 - 4 lengths, easy effort, rest for 15 seconds.

SWIM DOWN

- Swim 12 lengths alternating lengths between two different strokes.
- Swim at easy effort.

QUICK TIP

Focus on long, strong and relaxed strokes.