

Programme 5 – Australian Weekend – Freestyle (Aust Crawl) Fin Session – AEROBIC – mixed abilities – 1.5 – 3km

Please adjust/modify programme to suit. Times are only suggestions. Programmes can be completed without fins.

Levels	Level 1	Level 2	Level 3
Warm Up	<p>6 x 50m Free with fins</p> <ul style="list-style-type: none"> <li>- First 50m: 50m free easy</li> <li>- 2<sup>nd</sup> 50m: 25m easy, 25m medium</li> <li>- 3<sup>rd</sup> 50m: 25m med, 25m easy</li> <li>- 4<sup>th</sup> 50m: 50m medium</li> <li>- 5<sup>th</sup> 50m: 50m building gettter faster</li> <li>- 6<sup>th</sup> 50m: nice and smooth – good techniuque</li> </ul>	<ul style="list-style-type: none"> <li>• 4 x 100m Free with fins on 1.45 – 2min</li> <li>- 75m easy, 25m medium pace</li> <li>- 50m easy, 25m medium, 25m easy</li> <li>- 25m easy, 25m med - hard, 50m easy</li> <li>- 25m med – hard, 75m easy</li> </ul>	<ul style="list-style-type: none"> <li>• 5 x 100m Free with fins on 1.30 – 1.45</li> <li>- 100m easy</li> <li>- 75m easy, 25m max effort</li> <li>- 50m easy, 25m max effort, 25m easy</li> <li>- 25m easy, 25m max effort, 50m easy</li> <li>- 25m max effort, 75m easy</li> </ul>
Main set/s	<ul style="list-style-type: none"> <li>• 50m Free kick with board, 100m Free swim, 50m Free kick with board</li> <li>• 50m Back Kick, 50m Backstroke</li> <li>• 2 x 50m – 1 arm Fly drill on side</li> <li>• 4 x 25m Butterfly or Butterfly kick with fins with 15 – 20 sec rest after each 25m</li> <li>• 4 x 100m Freestyle with fins descending (getting faster with each 100m swum) eg 2min, 1.55, 1.50, 1.45</li> </ul>	<ul style="list-style-type: none"> <li>• 50m Free kick with board, 100m Free swim, 50m Free kick with board</li> <li>• 50m Back Kick, 50m Backstroke</li> <li>• 100m – 1 arm Fly drill on side</li> <li>• 4 x 25m Butterfly ( 4 – 6 strokes fast with no breathing, then easy fly to the 25m 15 – 20 sec rest after each 25m</li> <li>• 3 x 200m Freestyle with fins descending (getting faster each 200m) eg 3.45, 3.35, 3.25</li> </ul>	<ol style="list-style-type: none"> <li>1. Complete the following <b>twice or three times through:</b> <ul style="list-style-type: none"> <li>• 50m Free kick with board, 100m Free swim, 50m Free kick with board</li> <li>• 50m Back Kick, 50m Backstroke</li> <li>• 100m – 1 arm Fly drill on side</li> <li>• 4 x 25m Butterfly ( 4 – 6 strokes fast with no breathing, then easy fly to the 25m mark on 30 – 45 sec</li> </ul> </li> <li>2. 5 x 200m Freestyle with fins descending (getting faster each 200m) eg 3.30, 3.20, 3.10, 3.00, then 2.50</li> </ol>
Cool down	2 – 4 x 50m easy choice, 15 – 20 sec rest	4 x 50m choice nice and easy – 10 sec rest after each 50m	8 x 50m choice nice and easy – 10 sec rest after each 50m

