



Programme 9

Mainly aerobic – Mainly 100m and 200m swims - Freestyle Pull and kick

Please modify and adjust the programme to suit. The times and sets are only suggestions only. If swimming Breaststroke kick with fins please kick with a dolphin kick or free kick.

Levels	Level 1	Level 2	Level 3
Warm Up	Repeat this set 2 or 3 times: <ul style="list-style-type: none"> • 100m Free • 50m Back • 50 Breast Rest after each 100m or 200m	<ul style="list-style-type: none"> • 4 x 200m (100m Free, 50m Back, 50m Breast) with 20 sec rest after each 200m 	<ul style="list-style-type: none"> • 5 x 200m (100m Free, 50m Back, 50m Breast) continuous or 20 sec rest after each 200m
Main Set/s	<ul style="list-style-type: none"> • 2 – 3 x 100m Pull (and paddles) with 20 sec rest • 2 – 3 x 100m Kick with fins with 20 sec rest 	<ul style="list-style-type: none"> • 3 – 4 x 100m Pull on 2min/2.15 • 3 – 4 x 100m Kick with fins on 2min 	<ul style="list-style-type: none"> • 5 x 100m Pull on 2 min • 5 x 100m Kick with or without fins on 2 min
Cool Down	<ul style="list-style-type: none"> • 200m easy choice 	<ul style="list-style-type: none"> • 3 x 100m – 100m easy choice, 100m IM, 100m easy choice 10 – 15 sec rest after each 100m 	<ul style="list-style-type: none"> • 3 – 5 x 100m alternating 100m IM with 100m easy choice with 20 sec rest after each 100m swum