Effortless Swimming Workouts

Welcome to the Effortless Swimming Workouts manual! In this first month of the program you've got 12 rock-solid, no fluff programs which will help you improve your swimming well beyond where you are currently at. I've personally used these workouts to take a Master's swim squad to two back-to-back national titles and swimmers to dozens of open water medals.

If you're only new or you feel you don't have much experience with a training program, don't fret! We've made the workouts useable for nearly all levels of triathletes starting at level one and moving up to level three. If you are learning to swim, please see a qualified instructor to teach you the basics and be sure to swim in a supervised pool with lifeguards. Always consult your doctor before beginning any exercise program. The last thing we want is for anyone to hurt themselves!

Where to start:

The best place to get started is picking one workout and going through it. Most of the programs are aerobic focused for triathlon training, but we also have a number of speed and back end pace workouts in here too. You will benefit from both, even if your swims are 'distance' swims. Pick any workout in the manual and be adventurous, why not start at #3 or #7 rather than #1?

If you would like to improve your freestyle technique before you begin the program the Mastering Freestyle Program makes you a swim smoother, longer and faster freestyle.

What to do if you can't do one of the strokes?

If you're unable to do one of the strokes and the set includes it (like 8x25 Fly), feel free to do freestyle or another stroke instead. It's good cross training changing strokes. If you would like to improve your form strokes (butterfly, backstroke and breaststroke) go to www.EffortlessForm.com and join the program.

Drills:

In some of the workouts we have included time to do drills. We don't specify which drill to do because it is a very individual thing. If you're stuck for ideas on some drills we've listed some below for you to choose from. If you were lucky enough to get the bonus drills video, please watch that video for ideas.

Freestyle

Catch up drill – This drill is simple and easy to do. Begin by swimming normal freestyle but don't start your pull until your recovery arm has entered the water. This drill helps swimmers 'lengthen' their stroke and remain streamlined throughout the whole stroke.

'Reach for the wall' freestyle – This drill is done for the same reason as catch up drill. It improves the streamline of the swimmer during the freestyle stroke. As your hand enters the water and glides forward after the recovery, drive your hand forward as if you were reaching for the wall and hold it streamlined for 1-2 seconds. Continue with normal freestyle but each time your hand enters, drive it forward and hold for a moment before beginning each pull.

Fingertip drill - This drill is good for freestyle because it emphasizes body roll and a high elbow recovery. During the recovery, keep the fingertips in contact with the surface of the water. You should feel your fingertips "dragging" in the water as they recover.

Breaststroke

One pull, two kicks – This is one of the easiest breaststroke drills but one of the most effective. It improves your glide after each stroke which means you're using less effort by taking less strokes. Simply do a normal breaststroke pull and kick and then rather than coming back up for your next pull, do an extra kick while still gliding forward underwater. This drill can be change to one pull three kicks, one pull four kicks and so on.

Breaststroke pull with butterfly kick – To develop a strong pull, breaststroke can be swam by doing buttery/dolphin kicks instead of breaststroke kicks. It's best to do two buttery kicks to every breaststroke pull.

Pull progression – A common problem among beginner breaststrokers is they don't pull far enough back with their arms. They often only do a 'half' pull which is doesn't provide the maximum power. Pull progression is done by swimming one lap with a quarter pull, one lap with half a pull, one with three quarters pull and one lap with a complete pull. All of these are done with normal kicking and timing, the only difference is you are changing how far back you pull. This drill helps swimmers get a feel for the correct catch and pull.

Backstroke

Single arm drill – Just as in butterfly , single arm drill is fantastic for improving the pull and entry of the stroke. Done correctly, single arm drill can help with body rotation too. Keep one arm by your side and swim backstroke with the opposite arm, concentrating hard on rotating so the shoulder on your stationary arm is rotating to 45-90 degrees while completing your pull. To improve your pull, imagine you are throwing a tennis ball towards your feet. This is a great way to visualize where you should be pulling.

Six kicks, three strokes – As we've mentioned, it's important to keep our body 'long' in the water like a yacht and not wide like a barge. This drill helps us do that. Kick on back with your body rotated to one side and your head looking directly up. Keep one arm by your side and have the other arm pointing to where you're going. You're going to do six kicks on your side and then take three arm strokes with normal kicking. You will then have rotated to your opposite side where I want you to repeat from the start. Take six kicks on your side and then three arms strokes with normal kicking working on having a 'long' body position.

Balancing cup drill – This drill is performed by the 200 backstroke world record holder Ryosuke Irie. If you watch him swim, his head remains completely still and centered. You won't see him throwing his head from side to side which is common among beginners. Balancing cup drill requires a plastic cup that can sit and balance on your forehead. Fill the cup up to 1/3 or 1⁄2 full with water, and then place the cup on your forehead and proceed to swim backstroke. The aim is to not let the cup fall off your head. By keeping your head stationary, it keeps the body centered and stops the swimmer from 'snaking'. If you are only starting out with backstroke, this drill is best done with fins.

Butterfly

One arm drill– Being one of the most popular butterfly drills, single arm drill can help you develop a clean hand entry, improve the catch and pull and help you get a feel for the correct timing of the kick. One arm drill is done by keeping one arm out in front of the head and doing the arm stroke with the opposite arm. In the recovery of the arm stroke, instead of keeping the arm straight, bend it as you would in freestyle and work on getting a 'clean' entry as the hand enters the water. It's best to do three left arm strokes, three right arm strokes and then 3 normal butterfly strokes.

Six kicks, two strokes – A strong kick is important in buttery, , and this drill encourages you to work on the kicking aspect. To do this drill, you take two normal butterfly strokes with normal kicking, and then after the two strokes you go underwater in a streamlined/torpedo position and do six dolphin/butterfly kicks. After the six kicks are completed you come back to the surface and perform another two strokes and repeat the process. If you are only starting out, six kicks may be too difficult to do, so begin with 2,3 or 4 kicks instead.

Keyhole drill – This is my personal favorite and for good reason. It helps you work on the pull and the timing of the kick and is a great drill even a beginner can do. To begin, your hands should scull out in front of you where the catch would normally begin. Kick with a light freestyle kick. After 3-4 seconds, pull through the water with both arms as if you were doing a buttery pull through. Your arms should follow the shape of an old-school key hole. At the beginning of the pull,butterfly kick to help you drive through the water and take breath. Bring your hands out in front again by bringing them up the centre of your body. Repeat this until you get to the end of the pool.

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GLOSSARY OF TERMS

There are some terms in the workouts which you might not be familiar with. Here we've listed all the terms and their meaning and provided an example of each one.

Term	Meaning	Example
Build	Build up your speed. Start of easy and get faster towards to the end.	4x100 Build In each 100 you would start off easy and get faster towards the end of the 100.
Build 1-4	Build each one as you go. So the first one is the slowest and the 4th one is the fastest.	4x100 Build 1-4 Your first 100 would be the slowest and your last 100 would be the fastest.
Max / Max Effort / Sprint	As fast as you can go!	2x25 Max Two 25's as fast as you can go
Moderate	Swimming at a comfortable pace	300 moderate Swimming at a comfortable pace for 300 meters
Breathing 3/5 in 50's	This means you breath every 3rd stroke for the first 50 and every 5th stroke for the second 50	300 free breathing 3/5 in 50's Swim 300 meters breathing every 3rd stroke for the odd 50's and every 5th stroke for the even 50's
Drill	Your choice of any drill	8x50 Drill 50's of drill, you can change the drills as you go, they don't need to be the same

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Term	Meaning	Example
(30 sec rest)	Rest for 30 seconds in between	4x100 Free (30 sec rest) Swimming 100's of freestyle and resting for 30 seconds in between each 100 Pick a timeframe for each set and use that rather than counting 30 seconds rest. Example above: If you would come in on 1 minute 20 secs for you 100's, make your time frame 1 minute 50 secs.
@ 95%	Swimming at 95% effort	50 @ 95% Swimming 50 meters at 95% effort
Form	Form means any stroke but freestyle	200 form
Choice	Your choice of any stroke	300 choice Swim 300 meters of any stroke
Min/max free	Normal freestyle but kick as hard as you can and slow down your arms	25min/max free
--Repeat--	Repeat the set listed above	200 free 100 back --Repeat---

Effortless Swimming Workouts

Workout #1 - Aerobic & Skills

Goal - Skills based session after the aerobic set at the start of main set. Mix up strokes for second part of main set (do some fly, back, breast, etc).

Level 1	Level 2	Level 3
Warm Up 100 swim 100 IM 6x50 of 1. 12k/3st 2. 12k/5st 3. 12k/7st 4. Fingertip drag 5. Catchup 6. Build Main Set 3x100 Free - Keep heart rate 40-60 beats below max 50 scull 50 kick 3x50 drill 3x50 swim Cool Down 200 Fins and paddles	Warm Up 200 swim 2x100 IM 6x50 of 1. 12k/3st 2. 12k/5st 3. 12k/7st 4. Fingertip drag 5. Catchup 6. Build Main Set 3x200 Free - Keep heart rate 40-60 beats below max **2 sets of:** 50 scull 50 kick 3x50 drill 3x50 swim Cool Down 2x200 Fins and paddles	Warm Up 400 swim 3x100 IM 12x50 of 1. 12k/3st 2. 12k/5st 3. 12k/7st 4. Fingertip drag 5. Catchup 6. Build Main Set 6x200 Free - Keep heart rate 40-60 beats below max **3 sets of:** 50 scull 50 kick 3x50 drill 3x50 swim Cool Down 3x200 Fins and paddles
Total distance: 1.4km **TIme: 30 mins**	**Total distance: 2.5km** **Time: 60 minutes**	**Total distance: 4.3km** **Time: 90 minutes**

Effortless Swimming Workouts

Workout #2 - Aerobic speed

Goal - Building strength in the main set, and practicing going fast when your heart rate is up. The 90% effort 100's should build up some lactate.

Level 1	Level 2	Level 3
Warm Up 3x100 - 1. 75 Fr / 25 Bk - 2. 75 Fr / 25 Breast - 3. 75 Fr / 25 Fly Main Set 4x50 1. 10m Underwater kick / 40m swim 2. 15m Underwater kick / 35m swim 3. 20m Underwater kick / 30m swim 4. 25m Underwater kick / 25m swim 300 Aerobic 100 @ 90% effort 200 Aerobic 100 @ 90% effort 100 Aerobic 100 @ 90% effort *Set 1) Pull Buoy 2) Swim 3) Fins & paddles* Cool Down 200 recovery swim down	Warm Up 3x150 - 1. 100 Fr / 50 Bk - 2. 100 Fr / 50 Breast - 3. 100 Fr / 50 Fly Main Set 4x50 1. 10m Underwater kick / 40m swim 2. 15m Underwater kick / 35m swim 3. 20m Underwater kick / 30m swim 4. 25m Underwater kick / 25m swim **2 sets of:** 300 Aerobic 100 @ 90% effort 200 Aerobic 100 @ 90% effort 100 Aerobic 100 @ 90% effort *Set 1) Pull Buoy 2) Swim 3) Fins & paddles* Cool Down 150 recovery swim down	Warm Up 6x150 - 1. 100 Fr / 50 Bk - 2. 100 Fr / 50 Breast - 3. 100 Fr / 50 Fly Main Set 4x4x50 1. 10m Underwater kick / 40m swim 2. 15m Underwater kick / 35m swim 3. 20m Underwater kick / 30m swim 4. 25m Underwater kick / 25m swim **3 sets of:** 300 Aerobic 100 @ 90% effort 200 Aerobic 100 @ 90% effort 100 Aerobic 100 @ 90% effort *Set 1) Pull Buoy 2) Swim 3) Fins & paddles* Cool Down 200 recovery swim down
Total distance: 1.6km **TIme: 30 mins**	**Total distance: 2.6km** **Time: 60 minutes**	**Total distance: 4.6km** **Time: 90 minutes**

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Workout #3 - Medley

Goal - Descending the time in the medleys so it gets hard towards the head. Good practice for 200 or 400 IMs

Level 1	Level 2	Level 3
Warm Up 100 Mix up 100 IM 4x50 Odds - Scull/Swim Evens - Kick/Swim 3x50 Build 1-3 50 easy swim Main Set 3x100 Free 100 IM 2x100 Free 100 IM 1x100 Free 100 IM Cool Down 100 swim with fins and paddles	Warm Up 200 Mix up 2x100 IM 4x50 Odds - Scull/Swim Evens - Kick/Swim 3x100 Build 1-3 100 easy swim Main Set 6x100 Free 2x100 IM 4x100 Free 2x100 IM 2x100 Free 2x100 IM Cool Down 100 swim with fins and paddles	Warm Up 500 Mix up 3x100 IM 8x50 Odds - Scull/Swim Evens - Kick/Swim 3x200 Build 1-3 100 easy swim Main Set 6x100 Free 4x100 IM (20 secs rest) 4x100 Free 4x100 IM (15 secs rest) 2x100 Free 4x100 IM (10 secs rest) Cool Down 300 swim with fins and paddles
Total distance: 1.6km **TIme: 30 mins**	**Total distance: 2.9km** **Time: 60 minutes**	**Total distance: 4.7km** **Time: 90 minutes**

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Workout #4 - Breath control and speed

Goal - Short sharp sprints designed to get your fast twitch fibers firing. End of main set is building lactic tolerance and power with the fins and paddles

Level 1	Level 2	Level 3
Warm Up 200 of 150 free/50 back 300 of 50 scull/swim/kick/swim/drill/swim 4x25 1) easy/fast 2) fast/easy 3) build 4) fast 100 easy swim Main Set 3x50 1) 25 kick / 25 swim 2) 50 kick 3) 50 swim build 6x50 Breath control - In 50‘s breath every 3/5/7/9/11/Recovery 6x50 As fast as you can hold on 1.30 - with fins and paddles Cool Down 100 easy swimming with some backstroke	Warm Up 400 of 150 free/50 back 300 of 50 scull/swim/kick/swim/drill/swim 8x25 1) easy/fast 2) fast/easy 3) build 4) fast 100 easy swim Main Set 4x(3x50) IM order for the sets 1) 25 kick / 25 swim 2) 50 kick 3) 50 swim build 6x50 Breath control - In 50‘s breath every 3/5/7/9/11/Recovery 6x50 As fast as you can hold on 1.30 - with fins and paddles Cool Down 300 easy swimming with some backstroke	Warm Up 600 of 150 free/50 back 2x300 of 50 scull/swim/kick/swim/drill/swim 16x25 1) easy/fast 2) fast/easy 3) build 4) fast 200 easy swim Main Set 4x(3x50) IM order for the sets 1) 25 kick / 25 swim 2) 50 kick 3) 50 swim build 2x(6x50) Breath control - In 50‘s breath every 3/5/7/9/11/Recovery 6x50 As fast as you can hold on 1.30 - with fins and paddles Cool Down 300 easy swimming with some backstroke
Total distance: 1.55km **TIme: 30 minutes**	**Total distance: 2.5km** **Time: 60 minutes**	**Total distance: 3.6km** **Time: 90 minutes**

Effortless Swimming Workouts

Workout #5 - Distance free

Goal - Putting some km's in the arms for longer races. Find your stroke rhythm and maintain it for the longer freestyles in the main set.

Level 1	Level 2	Level 3
Warm Up **200 with fins of:** 100 free / 50 back / 25 scull / 25 breast Main Set 50 Free 50 back 100 free 50 back 150 free 50 back 200 free 50 back 5x100 Free with fins and paddles - Take 25 seconds rest on the first one and reduce it by 5 secs each time Cool Down 100 easy swimming with some backstroke	Warm Up **400 with fins of:** 100 free / 50 back / 25 scull / 25 breast Main Set 100 Free 100 IM 200 free 100 IM 300 free 100 IM 400 free 100 IM 5x200 Freestyle with fins and paddles - Take 25 seconds rest on the first one and reduce it by 5 secs each time Cool Down 300 easy swimming with some backstroke	Warm Up **1000 with fins of:** 100 free / 50 back / 25 scull / 25 breast Main Set 200 Free 100 IM 400 free 100 IM 600 free 100 IM 800 free 100 IM 2x(5x200) Freestyle - First set pull, second set fins and paddles - Take 25 seconds rest on the first one and reduce it by 5 secs each time Cool Down 300 easy swimming with some backstroke
Total distance: 2km **TIme: 40 minutes**	**Total distance: 2.8km** **Time: 60 minutes**	**Total distance: 5.7km** **Time: 100 minutes**

Effortless Swimming Workouts

Workout #6 - Quality

Goal - Push as hard as you can hold in the 50's. Good back end practice for 100's and 200's

Level 1	Level 2	Level 3
Warm Up 4x100 of: 1) 50 free / scull 2) 50 free / kick 3) 50 free / drill 4) 50 back / free 3x50 build 1-3 50 recovery Main Set 400 @ 80% 100 recovery 4x50 Hard on 1.30 200 recovery Cool Down 100 easy swimming	Warm Up 4x150 of: 1) 50 free /back / scull 2) 50 free / back / kick 3) 50 free / back / drill 4) 50 fly / back / free 3x50 build 1-3 50 recovery Main Set 2 sets of: 400 @ 80% 100 recovery 4x50 Hard on 1.30 200 recovery Cool Down 100 easy swimming	Warm Up 2x4x150 of: 1) 50 free /back / scull 2) 50 free / back / kick 3) 50 free / back / drill 4) 50 fly / back / free 3x50 build 1-3 150 recovery Main Set 3 sets of: 400 @ 80% 100 recovery 4x50 Hard on 1.30 200 recovery Cool Down 400 easy swimming
Total distance: 1.6km **TIme: 30 minutes**	**Total distance: 2.7km** **Time: 60 minutes**	**Total distance: 5.6km** **Time: 90 minutes**

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Workout #7 - Recovery

Goal - Easier session mixing some fins and paddles work with kick and scull/pull swimming.

Level 1	Level 2	Level 3
Warm Up 100 choice 4x50 of: 1) 12k / 1st 2) 12k / 3 st 3) 12k / 5st 4) Build swim Main Set 6x100 Fins and paddles 1) 1st 25 fast 2) 2nd 25 fast 3) 3rd 25 fast 4) 4th 25 fast 5) Recovery 6) Fast 4x50 with pull buoy ODD - Scull EVEN - Pull Cool Down 100 Fins and paddles	Warm Up 400 choice 2x4x50 of: 1) 12k / 1st 2) 12k / 3 st 3) 12k / 5st 4) Build swim Main Set 6x200 Fins and paddles 1) 1st 50 fast 2) 2nd 50 fast 3) 3rd 50 fast 4) 4th 50 fast 5) Recovery 6) Fast 6x50 with pull buoy ODD - Scull EVEN - Pull Cool Down 100 Fins and paddles	Warm Up 600 choice 4x4x50 of: 1) 12k / 1st 2) 12k / 3 st 3) 12k / 5st 4) Build swim Main Set 6x200 Fins and paddles 1) 1st 50 fast 2) 2nd 50 fast 3) 3rd 50 fast 4) 4th 50 fast 5) Recovery 6) Fast 12x50 with pull buoy ODD - Scull EVEN - Pull Cool Down 400 Fins and paddles
Total distance: 1.2km **TIme: 30 minutes**	**Total distance: 2.3km** **Time: 60 minutes**	**Total distance: 3.6km** **Time: 90 minutes**

Effortless Swimming Workouts

Workout #8 - Aerobic endurance

Goal - Push hard in the first main set for the hard 50's, then maintain a good pace for IM's at the end of the main set.

Level 1	Level 2	Level 3
Warm Up 100 swim 150 of 50 kick/drill/swim Main Set 12x50 of 2 moderate / 1 hard 2x100 of 25 scull/25 free/50 back 4x100 IM Cool Down 150 swim down	Warm Up 200 swim 2x150 of 50 kick/drill/swim Main Set 18x50 of 2 moderate / 1 hard 2x100 of 25 scull/25 free/50 back 8x100 IM Cool Down 100 swim down	Warm Up 400 swim 4x150 of 50 kick/drill/swim Main Set 30x50 of 2 moderate / 1 hard 4x100 of 25 scull/25 free/50 back 5x200 IM Cool Down 300 swim down
Total distance: 1.6km **TIme: 60 minutes**	**Total distance: 2.6km** **Time: 60 minutes**	**Total distance: 4.2km** **Time: 90 minutes**

Effortless Swimming Workouts

Workout #9 - Speed and back end speed

Goal - Hold time in the 50's at 100 back end speed, so you're trying to do the same time as your last 50 in a 100.

Level 1	Level 2	Level 3
Warm Up 200 swim 100 kick 4x15m fast 4x50 Build 1-4 Main Set **4 sets of:** 25 dive fast / 25 easy 50 back end 100 speed 100 easy Cool Down 200 swim	Warm Up **2 sets of:** 200 swim 100 kick 4x15m fast 4x50 Build 1-4 Main Set **5 sets of:** 25 dive fast / 25 easy 50 back end 100 speed 100 easy Cool Down 200 swim	Warm Up **3 sets of:** 200 swim 100 kick 4x15m fast 4x50 Build 1-4 Main Set **8 sets of:** 25 dive fast / 25 easy 50 back end 100 speed 100 easy Cool Down 200 swim
Total distance: 1.6km **TIme: 30 minutes**	**Total distance: 2.4km** **Time: 60minutes**	**Total distance: 3.8km** **Time: 90 minutes**

Effortless Swimming Workouts

Workout #10 - Aerobic with some speed

Goal - Fast pace in 4x50 IM order sets, the rest of the session focus on good technique

Level 1	Level 2	Level 3
Warm Up 100 choice 50 back kick 100 IM 150 of 50 catchup/50 fingertip/50 swim 4x50 IM order @ 90% Main Set 6x100 Free @ Aerobic Pace - 3 swim - 3 with pull buoy 4x50 IM order @ 90% 4x50 1) 25 scull/free 2) drill 3) drill 4) swim Cool Down 200 easy	Warm Up 200 choice **2 sets of:** 50 back kick 100 IM 150 of 50 catchup/50 fingertip/50 swim 4x50 IM order @ 90% Main Set 8x100 Free @ Aerobic Pace - 4 swim - 4 with pull buoy 4x50 IM order @ 90% 2x(4x50) 1) 25 scull/free 2) drill 3) drill 4) swim Cool Down 200 easy	Warm Up 400 choice **3 sets of:** 50 back kick 100 IM 150 of 50 catchup/50 fingertip/50 swim 4x50 IM order @ 90% Main Set 12x100 Free @ Aerobic Pace - 6 swim - 6 with pull buoy 4x50 IM order @ 90% 4x(4x50) IM order 1) 25 scull/free 2) drill 3) drill 4) swim Cool Down 200 easy
Total distance: 1.8km **TIme: 30 minutes**	**Total distance: 2.6km** **Time: 60 minutes**	**Total distance: 3.9km** **Time: 90 minutes**

Effortless Swimming Workouts

Workout #11 - Quality endurance

Goal - Hardest session for this month. For the 100's, aiming to maintain as fast as you can hold for the set.

Level 1	Level 2	Level 3
Warm Up 300 of: 150 free / 50 back / 50 kick / 50 fingertip drag 4x50 of: 1)25 fly / free 2) Freestyle with fast kick to 30m 3) Straight arm free 4) Build Main Set 8x100 Best Average - Keep heart rate 20-30 beats below max Cool Down 200 easy swim	Warm Up 2x300 of: 150 free / 50 back / 50 kick / 50 fingertip drag 2x(4x50) of: 1)25 fly / free 2) Freestyle with fast kick to 30m 3) Straight arm free 4) Build Main Set 12x100 Best Average - Keep heart rate 20-30 beats below max Cool Down 200 easy swim	Warm Up 3x300 of: 150 free / 50 back / 50 kick / 50 fingertip drag 4x(4x50) of: 1)25 fly / free 2) Freestyle with fast kick to 30m 3) Straight arm free 4) Build Main Set 12x100 Best Average (25 secs rest) - Keep heart rate 20-30 beats below max Cool Down 600 easy swim
Total distance: 1.5km **TIme: 30 minutes**	**Total distance: 2.4km** **Time: 60 minutes**	**Total distance: 3.5km** **Time: 90 minutes**

Effortless Swimming Workouts

Workout #12 - Recovery and technique

Goal - Easy session of drill and skills. Relax, focus on technique.

Level 1	Level 2	Level 3
Warm Up 200 Easy swim 4x50 Kick/Drill/Swim/Build 100 Build in each 100 100 easy Main Set **FINS** 2x50 Fly kick on front (arms by side) 4x50 Single Arm Backstroke 6x50 Breaststroke pull 8x50 Single arm freestyle Cool Down 100 easy	Warm Up 2x200 Easy swim 6x50 Kick/Drill/Swim/Build 4x100 Build in each 100 200 easy Main Set **FINS** 4x50 Fly kick on front (arms by side) 6x50 Single Arm Backstroke 8x50 Breaststroke pull 10x50 Single arm freestyle Cool Down 200 easy	Warm Up 4x200 Easy swim 12x50 Kick/Drill/Swim/Build 4x100 Build in each 100 200 easy Main Set **FINS** 4x50 Fly kick on front (arms by side) 6x50 Single Arm Backstroke 8x50 Breaststroke pull 10x50 Single arm freestyle Cool Down 200 easy
Total distance: 1.7km **TIme: 30 minutes**	**Total distance: 2.7km** **Time: 60 minutes**	**Total distance: 3.4km** **Time: 90 minutes**