

# SWIMQUEST®

Mia's #MondayMotivation

Advanced 3,200m #001

## Warm Up

400m freestyle – easy, long strokes, stretching out

4 x 100m IM drill with fins (right arm, left arm x 2 through each of the strokes: fly, back, breast, free – for breast, do breast arms and fly kick with fins)

200 kick with kickboard any stroke

## Drill / Technique

5 x 100m freestyle drills:

100m long arm doggy paddle focus on stretch and extension

100m sculling with freestyle kick

100m fingertip drag freestyle focus on high elbow recovery and hand entry

100m catch-up freestyle

100m full stroke freestyle focus on hand entry, high elbow recovery and long extension

## Main set

5 x 100m freestyle holding a 15 or 20 second rest in between each 100m

5 x 50m kick with kickboard 15 second rest in between each 50m (own stroke)

5 x 100m freestyle with pull buoy holding a 15 or 20 second rest in between each 100m

5 x 50m kick with kickboard 15 second rest in between each 50m (own stroke)

## Cool Down

200 easy any stroke stretch, relax and ENJOY!



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### FOCUS: Floppy!

It is important that your entire body is relaxed from fingers to toes when you are swimming. A relaxed 'floppy' body enables you to feel the water better and slip through it as opposed to fighting your way through. "Shake it out" on pool deck (literally shake your arms, legs, and hands) before you get in the water so your body is in its most relaxed state before starting your workout.