

SWIMQUEST®

Mia's #MondayMotivation

Intermediate 3,900m #005

Warm Up

500m freestyle – easy, long strokes, stretching out

Drill / Technique

16 x 75m drill – any stroke on 1:30 seconds / 15 seconds rest in between each set

Main set

8 x 100m freestyle 15 seconds rest in between each set

400 freestyle with big paddles (recovery set – easy)

8 x 50m IM order on 60 seconds / 15 seconds rest in between each set

8 x 50m kick 15 seconds rest in between each set

Cool Down

200m easy any stroke stretch & enjoy!



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FOCUS: Exhalation

To obtain an effective freestyle swimming technique you need to exhale continuously when your face is submerged so that you have empty lungs to inhale when you turn to breathe. This is important as it allows for a quick inhale during a breathing arm recovery and relaxes you in the water.

Kickboard
Paddles