

# SWIMQUEST®

Mia's #MondayMotivation

Intermediate 3,700m #007

## Warm Up

400m freestyle easy

100m scull

## Drill / Technique

12 x 100m - right arm left arm - IM order - 15 seconds rest in between each 100m

## Main set

Pyramid: 25m, 50m, 75m, 100m, 125m, 150m, 200m, 150m, 125m, 100m, 75m, 50m, 25m - 15 seconds rest in between each

5 x 50m freestyle kicking with board

5 x 50m other kick

10 x 25m freestyle **SPRINT!** 20 seconds rest in between 25m

## Cool Down

200 easy any stroke stretch & enjoy!



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**FOCUS:**

**Backstroke body position**

Aim to keep your body as flat as you can, with a slight slope down to the hips to keep the leg action underwater. Don't let your hips drop too low as this will slow you down – try and keep your body close to the surface of the water. Your head should be still and your neck relaxed. Holding your head up too high will cause strain to the neck and slow you down. The water level should cover your ears and your eyes should look up and back.

Kickboard