

# SWIMQUEST®

Mia's #MondayMotivation

Advanced set 3,900m #010

## Warm Up

500m freestyle – easy and stretching out

## Drill / Technique

4 x 100m freestyle arms with pull buoy

– 15 seconds rest in between each set

8 x 50m freestyle kick with board

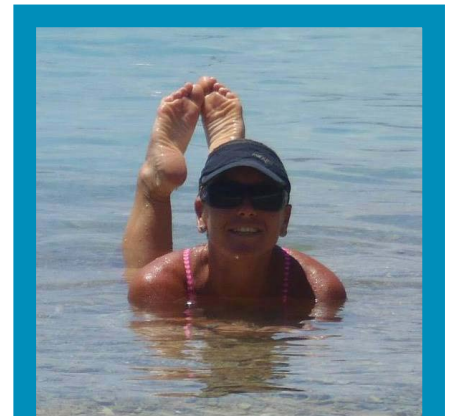
– 15 seconds rest in between each set

4 x 100m fly kick, breast arms with fins

– 15 seconds rest in between each set

8 x 50m kick – any other stroke with board

– 15 seconds rest in between each set



Kickboard  
Pullbuoy  
Fins

## Main set

Freestyle Pyramid: 25m/50m/75m/100m/125m/150m/175m/200m/175m/150m/125m/100m/75m/50m/25m – 15 seconds rest in between each set

## Cool Down

200m freestyle cool down

### >> FOCUS: Freestyle rotation

Rotation is a very necessary part of the swimming mechanics of the freestyle. Rotation of the body helps you to obtain air when swimming but should never be confined to your breathing strokes. Correct body rotation helps not only improve your leverage and power transfer system but it is also very central to minimising drag around your body as you move through water.