

SWIMQUEST®

Mia's #MondayMotivation

Intermediate 3,500m #002

Warm Up

400m easy freestyle - stretching out

Drill / Technique

200m long stroke freestyle with paddles – focus on extension and rotation

200m right arm, left arm freestyle with fins – focus on hand entry and rotation

4 x 50m kick – half fast, half easy (15 second rest in between each 50m)

4 x 50m - freestyle arms only with pull buoy and elastic around ankles (15 second rest in between each 50m)

200m fingertip-drag freestyle

Main set

5 x 100m free – descending by 2 seconds on each 100m with a 30 sec rest in between each

5 x 50m kick with kickboard - 15 sec rest in between each – own choice of stroke

5 x 100 free holding same time (2 seconds faster than previous set), with a 30 sec rest in between each

5 x 50m breaststroke arms only with pullbuoy

400m long stroke freestyle with paddles - stretching out

Cool Down

200m cool down - easy freestyle, STRETCH AND ENJOY!



FOCUS: Hand entry

The correct hand entry in freestyle is important to maintain a balanced stroke and avoid 'crossing over' your mid-line. Hands should enter the water about 30cm away from your head and in line with your shoulder. The arm then extends and reaches out in line with the shoulder before beginning the catch.

Kickboard
Pull buoy
Fins