

SWIMQUEST®

Mia's #MondayMotivation

Advanced 4,600m #003

Warm Up

400m easy freestyle - stretching out

Drill / Technique

12 x 75m drills IM order (fly, back, breast, free) – right arm, left arm, full stroke – on 90 secs

100m scull - easy

Main set

4 x 100m arms only freestyle with pull buoy and elastic

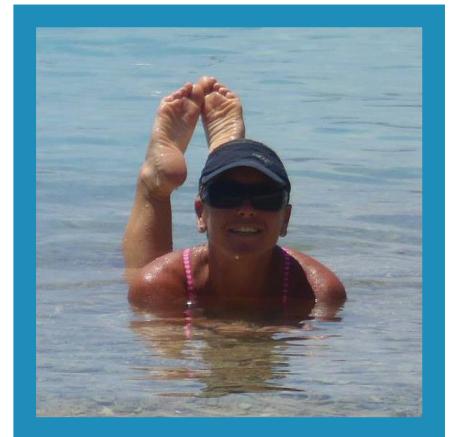
4 x 50m kick

100 scull

Repeat this set four times in IM order (fly, back, breast, free)

Cool Down

200m cool down - easy freestyle - RELAX AND ENJOY!



Kickboard
Pull buoy
Elastic (optional)
Fins

FOCUS >>

RECOVERY after a hard workout is just as important as the workout itself as you need to ensure you get rid of the lactic acid build-up in the muscles, which causes the aching, burning feeling the following day. Here are five ways to remove lactic acid from the muscles and ensure optimal recovery after a strenuous workout:

- **Warm Up and Cool Down** This is really important to do before and after the workout. Warming up releases lactic acid build-up from the previous session, which could hinder your workout, and cooling down begins to remove the acid from the last session.
- **Hydration** You will sweat in the pool if you are working with a high heart rate, so make sure you stay hydrated during and after your workout. Plain water is better than a squash as they tend to have a lot of sugar.
- **Nutrition** Food is fuel, so make sure you have enough energy for your workout. Slow release complex carbohydrates and protein like porridge are ideal for before the workout, while foods high in protein like a protein shake with a banana, plain yogurt and chocolate milk are ideal for recovery.
- **Sleep** Get at least seven - eight hours of sleep / night to make sure your body has time to recover
- **Massage** Always a treat after a hard workout, a massage can work wonders for repairing micro-tears and small knots that have developed in your muscles and help with speeding up the recovery of your muscles. It also helps get rid of toxins, metabolic waste, and lactic acid from your muscles and other tissues.