

SWIMQUEST®

Mia's #MondayMotivation

Intermediate 3,500m #004

Warm Up

400m freestyle – easy, long strokes, stretching out

200m sculling (your choice, either hands by your sides, forwards, backwards or mix it up)

Drill / Technique

200m freestyle drills with fins (right arm, left arm, catch-up, long-doggy paddle x 2)

4 x 75m freestyle kicking

3 x 100m freestyle with pull-buoy

Main set

10 x 50m freestyle 2 x 12.5m fast, rest easy; 2 x 15m fast, rest easy; 2 x 20m fast, rest easy; 2 x 25m fast, rest easy; 2 x 5m fast, rest easy

100m easy freestyle

2 x 100m (25m fast / 75m easy) 15s rest between 100s,
30 second rest btw set

2 x 200m (50m fast / 150m easy) 15s rest between 200s,
30 second rest btw set

2 x 300m (75m fast / 225m easy) 15s rest between 300s,
30 second rest btw set

100m easy freestyle

Cool Down

200 easy any stroke stretch & enjoy!



FOCUS: Head

Head position in freestyle helps maintain a good body position in the water. If your head is too high, your legs drop (creating drag) and if the head is too low (cap submerged) your legs will be too high (creating dipping/diving of the upper body). Ensure the water line rests around your cap line i.e. halfway up your forehead. In open water it might sit slightly higher due to sighting & in the pool slightly lower due to looking at the bottom or following the black line, but it is important to ensure you have a flat line across your back and neck to create the correct body position.

Kickboard
Pull buoy
Fins