

SWIMQUEST®

Mia's #MondayMotivation

Intermediate 3,000m #006

Warm Up

200m freestyle easy

100m backstroke

100m breaststroke

100m freestyle – long doggy paddle stretching out

Drill / Technique

4 x 100m IM order – pull (arms only), swim (full stroke), kick, swim (full stroke)

4 x 50m freestyle kick with board – 15 seconds rest in between each 50m

4 x 100m – breaststroke arms and butterfly legs / sculling arms at side / repeat

4 x 50m backstroke or breaststroke kick with board – 15 seconds rest in between each 50m

Main set

10 x 100m freestyle – 30 seconds rest in between each 100m

OR descend pace by 1 second on each 100m

100m sculling on back

Cool Down

200 easy any stroke stretch & enjoy!



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FOCUS:

Breastroke head position

Keep your head angled so that you are looking forwards and downwards and imagine that you are holding a tennis ball between your chin and chest all the way through this process. Your head shouldn't have to move at all, as if your catch and arm pull is strong enough, you should be able to keep your head still and use the power of the catch to create enough lift of the upper body to ensure a good head position.

Kickboard
Pull buoy