

Base Training: Mile Swim Distance

Monday & Tuesday

Warm Up:

4 x (4 x 75)	R: 05"-10"	
(25 swim / 25 kick on back / 25 swim)		(300)
1 x 200 Kick with board		
1 x 200 Pull		(400)

Steady Pace & DPS:

3 x 100 Free	R: 10"	
6 x 50 Front Kick (fins?)	R: 05"	
3 x 100 Back	R: 10"	
6 x 50 Back Kick (no board, fins?)	R: 05"	
4 x 100 Free	R: 10"	(1600)

One time through:

10 minute continuous swim
(track your time and progress each time you complete a long continuous swim)