



Training # 1

Warm up

- **4 x 200 meters** - Rest 30 " between each set

- 1) Freestyle
- 2) Pull Buoy
- 3) Freestyle / backstroke by 50 m
- 4) kicks with board

Main set

- **4 x 200m Freestyle:** at 70% of max heart rate - Rest 20 " between each set
100 m easy pull buoy Freestyle/ backstroke
- **3 x 200 m freestyle descending from 1 to 3:** each 200 meters, at least 3 seconds faster - Rest 20 " between each set
100 m easy pull buoy Freestyle/ backstroke
- **2 x 200 m Freestyle,** descending. Rest 20 " between each set
100 m easy pull buoy Freestyle/ backstroke

Optional - **10 minute Freestyle swimming, nonstop** - with the objective to swim the greatest possible distance.

Swim down:

200 Easy crawl / back

TOTAL 3 100 meters (or more if 10 mn at the end)