



A good warm-up starts off easy, includes some technique work, and ends with some speed. This warm-up has it all! Choose the shorter or longer distance depending on how much warm-up you require.

Warm-up:

100 - 200 Easy freestyle

100 - 200 Fins: 6/1/6, swim, 6/3/6, swim by 25 or 50

2 - 4 x 50 Pull buoy (25 long arm dog paddle scull, 25 swim)
+10 sec

100 - 200 Moderate freestyle

100 - 200 Fins: kick on side + kick on front, kick on other side, kick on back. Arms in streamline position on front & back.

2-4 x 50 pull buoy between ankles. Breathe every 5 (+10 sec)

Build: 4 x 50 (+10 sec)

Odds (1 & 3): 25 fast + 25 easy

Evens (2 & 4): freestyle 80% effort , include some sighting.

Distance range: 800m – 1400m