



Race Recovery Swim.

Warm up:

2X100 (25 swim 25 drill 25 swim 25 drill) 20sec rest after each

2x100 (25 moderate kick without board 75 swim) 20sec rest after each

2x100 (50 pull 50 swim) 20sec rest after each

Drill options:

Closed-fist swim – swim with hands in a ball to reinforce pulling with forearms too

Finger tip drag – drag tips of fingers on surface during recovery forcing high elbow

Dog paddle – swim with your arms under water focusing on reach.

Main set:

2x50 (25 moderate effort 25 easy) 10sec rest

3x100 Easy effort (practice sighting for 25, 75 free) . 10sec rest

2x100 easy effort, alternate 25s of breathing to right side and left side.

300m continuous swimming (moderate intensity)

Cool down:

50 meters of walking on the bottom. (start in the shallow end and walk until you can't touch then turn around x 2)