



TRAINING SESSION 1

INTENSITY LEVEL: 3 - EXPERT SWIMMERS

TOOLS: Pullbuoy, Swim Snorkel

	TRAINING SESSION 1	Notes
WARM UP	10 easy swimming at your own pace	
	8 x 50 freestyle with a pullbuoy and snorkel	Focus on your body position and the catch phase with 20" recovery
	4 x 100 #25 sculling + 50 freestyle breathing every 5 strokes + 25 backstroke legs with 20" recovery	
MAIN SET	4 x 600 freestyle in 3 x 200 intervals with 10" recovery between one 200 and the next and 60" recovery after the 600.	Breaking down the session into intervals will help you work at a higher intensity, so that you can maintain a faster pace in even the longest races and finish faster. This is extremely hard training and is only recommended for experienced swimmers
SWIM-DOWN	Swim-down at your own pace	

Author: arena coaches

4 training sessions to improve your open-water endurance

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