



TRAINING SESSION 3

INTENSITY LEVEL: 3 - EXPERIENCED swimmers

TOOLS: kickboard

	TRAINING SESSION 3	Notes
WARM UP	10 minutes easy at your own pace	
	12 x 25 fast legs with a board with 20" recovery	
	200 drills	<i>Swim 25 m with one arm + 25 m with the other arm + 50 m both arms breathing every 7 strokes</i>
MAIN SET	50-100 with 5"/15" recovery	<i>The aim is to maintain a fast pace over shorter intervals. The longer recovery at the end of the mini-sets will allow you to recover better ready for the next set.</i>
	50-100-150 with 5"/10"/20" recovery	
	50-100-150-200 with 5"/10"/15"/30" recovery	
	50-100-150-200-400 with 5"/10"/15"/20"/60" recovery	
	50-100-150-200 with 5"/10"/15"/30" recovery	
	50-100-150 with 5"/10"/20" recovery	
	50-100 with 5"/15" recovery	
SWIM-DOWN	Swim-down at your own pace	

Author: arena coaches

4 training sessions to improve your open-water endurance

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