



Legs (Long)



100m swim any stroke

100m kick any stroke

100m with kickboard

100m swim front crawl / freestyle



100m front crawl / freestyle kick with kickboard building intensity throughout, 45 seconds rest

50m front crawl / freestyle kick with kickboard, max effort, 60 seconds rest

75m breast stroke kick with kickboard building intensity throughout, 45 seconds rest

75m breast stroke kick with kickboard, max effort, 60 seconds rest

50m back stroke kick with kickboard building intensity throughout, 45 seconds rest

100m back stroke kick with kickboard, max effort, 60 seconds rest

REPEAT, 120seconds rest between



100m easy swim

stretch legs if tight



Equipment to use:

