

Laura's Favourite Swim Set

Warm up

5 x 100m swims 1st, 3rd, 5th Front crawl
 2nd and 4th Backstroke

Main set

5 x 100m swims Individual Medley
 Every 100m swim should include 25m of each stroke

200m	}	Front crawl arms only
150m		
100m		
50m		

6 x 50m Front crawl kick

1 x 100m Easy front crawl swim

5 x 100m swims Individual Medley
 Every 100m swim should include 25m of each stroke

Swim down

1 x 200m Slow choice stroke to finish

Total distance: 2.6km

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