

TRAINING OF THE DAY

TRAINING AIM: SPEED TRAINING WITH SHORT HIGH INTENSIVE INTERVALS (6 TASKS)

	Distance	Description	Total
1 x	600m	Free warm-up	600m
8 x	25m	Cr (max)	200m
8 x	25m	Cr (max)	200m
4 x	300m	50 Br-arms with Bf-kicks + 50 Bk + 50 Combo-Br + 150 Cr	1200m
1 x	800m	Cr (each 100m quick turn with max kick power)	800m
1 x	400m	Free cool down	400m
			3400m

GLOSSARY: Abbreviations and explanations can be found in our swim training glossary at [my-swimcoach.com](https://www.my-swimcoach.com)

NOTE: The use of My Swim Coach training plans is at your own risk.