



Micky McNamara

Warm-Up

200m	Swim Front Crawl middle 100m Swim	bilateral breathing	20 seconds rest
100m	Swim Back Crawl	Stretch	35 seconds rest
50m	Back Crawl Kick		20 seconds rest
50m	Front Crawl Kick	Stretch	20 seconds rest
50m	Back Crawl Kick		20 seconds rest
100m	Swim Breast-stroke	2 kicks to 1 stroke	

Main Set Lane 1 go up to 6. Lane 2 go up to 5. Lane 3 go up to 4.

This is a Pyramid Swim specifically to build Stamina & Endurance
The pyramid is all Front Crawl

50m Swim	15 seconds rest	Front Crawl
100m Swim	20 seconds rest	Front Crawl
150m Swim	30 seconds rest	Front Crawl
200m Swim	35 seconds rest	Front Crawl
250m Swim	40 seconds rest	Front Crawl
300m Swim	45 seconds rest	Front Crawl

Take the same rest period on the way back down.

Set 2	10 x 50m Swim Drills	.
Front Crawl	Kick (Float) Doggie paddle Catch-up Fist to Open Bilateral Breathing	30 Seconds Rest after each 50m

Set 3	Swim down	
1 st	Swim 100m	Breast -stroke
2 nd	Swim 100m	Your choice.