

## Pongola Swim Academy

### WORKOUT

**Do some stretches for 10min before doing the workout**

<b>WARMUP:</b>	50M	FR TICKELS	70% r/p		
		30s rest			
	50M	FR DIPS	70% r/p		
		30s rest			
<b>Aerobic</b>	50M	CATCHUP's	60% r/p	Change between BK/FR	250
<b>HR 120-150</b>		60 s rest		every workout	
	100M	REVERSE II IM	FR/BR/BK/FLY 75% r/p	Change with every workout	
		90 s rest			
<b>DRILLS:</b>	6 X 50M	O/C Sprints	30s rest between	100% r/p	
		60 s rest		Change between	
<b>Anaerobic/speed</b>	4 X 50M	M/O1Arms	20 s rest between	FR/FLY/BR/BK	650
<b>HR 180+</b>		60 s rest		every workout	
	3 X 50M	K.O.B	(FLY/BK/BR) 90% r/p	20 s rest between	
		60 s rest		Change between kick on back and kick with kickboards every workout	
<b>MAINSET:</b>	Must do 4 sets of Mainset				
	FAST 100% r/p		EASY 60% r/p		
	(25M M/stroke	25M FR)			
<b>Aerobic/endurance</b>	(25M M/stroke	25M BK)	4 X SETS	20 s rest between	800
<b>HR 150-175</b>	(25M M/stroke	25M FLY )	each 50m		
	(25M M/stroke	25M FR)			
		60 s rest			
<b>COOLDOWN:</b>	300M	O/C NOT MAINSTROKE/S	50% racepace		300
r/p = racepace	HR= Heartrate	O/C= own choice	M/stroke= mainstroke		2000