



Programme 5 – Australian Weekend

Freestyle (Australian Crawl) Fin Session – AEROBIC – mixed abilities – 1.5 – 3km

Please adjust/modify programme to suit. Times are only suggestions. Programmes can be completed without fins.

Levels	Level 1	Level 2	Level 3
Warm Up	6 x 50m Free with fins - First 50m: 50m free easy - 2 nd 50m: 25m easy, 25m medium - 3 rd 50m: 25m med, 25m easy - 4 th 50m: 50m medium - 5 th 50m: 50m building getter faster - 6 th 50m: nice and smooth – good technique	<ul style="list-style-type: none"> 4 x 100m Free with fins on 1.45 – 2min 75m easy, 25m medium pace 50m easy, 25m medium, 25m easy 25m easy, 25m med - hard, 50m easy 25m med – hard, 75m easy 	<ul style="list-style-type: none"> 5 x 100m Free with fins on 1.30 – 1.45 100m easy 75m easy, 25m max effort 50m easy, 25m max effort, 25m easy 25m easy, 25m max effort, 50m easy 25m max effort, 75m easy
Main set/s	<ul style="list-style-type: none"> 50m Free kick with board, 100m Free swim, 50m Free kick with board 50m Back Kick, 50m Backstroke 2 x 50m – 1 arm Fly drill on side 4 x 25m Butterfly or Butterfly kick with fins with 15 – 20 sec rest after each 25m 4 x 100m Freestyle with fins descending (getting faster with each 100m swim) eg 2min, 1.55, 1.50, 1.45 	<ul style="list-style-type: none"> 50m Free kick with board, 100m Free swim, 50m Free kick with board 50m Back Kick, 50m Backstroke 100m – 1 arm Fly drill on side 4 x 25m Butterfly (4 – 6 strokes fast with no breathing, then easy fly to the 25m 15 – 20 sec rest after each 25m 3 x 200m Freestyle with fins descending (getting faster each 200m) eg 3.45, 3.35, 3.25 	<ol style="list-style-type: none"> Complete the following twice or three times through: <ul style="list-style-type: none"> 50m Free kick with board, 100m Free swim, 50m Free kick with board 50m Back Kick, 50m Backstroke 100m – 1 arm Fly drill on side 4 x 25m Butterfly (4 – 6 strokes fast with no breathing, then easy fly to the 25m mark on 30 – 45 sec 5 x 200m Freestyle with fins descending (getting faster each 200m) eg 3.30, 3.20, 3.10, 3.00, then 2.50
Cool down	2 – 4 x 50m easy choice, 15 – 20 sec rest	4 x 50m choice nice and easy – 10 sec rest after each 50m	8 x 50m choice nice and easy – 10 sec rest after each 50m