



<b>FEEL THE BURN</b> Get out of your comfort zone and get into shape with a mix of IM and Freestyle Drills.	2,000m Total	Burn Calories	60 Minutes	Intermediate
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Set	Exercise	Reps	Time	Instructions & Tips
<b>Warm Up</b>	1	Stroke of Choice	1 x 100m	Pick a couple of your favorite strokes and keep them at a steady pace with even strokes
<b>Main Set</b> x2	2	Freestyle	@ 04:00 mins	Complete the 200m in under 4 minutes
<b>DO MAIN SET TWICE!!!</b>	3	Freestyle Drill	@ 02:00 mins	Coach Tip: On this set focus on your kicking.
	4	Freestyle Drill	@ 01:00 mins	Coach Tip: Keep your elbows high.
	5	Freestyle Drill	@ 02:15 mins	Coach Tip: Focus on your turns
<b>Warm Down</b>	6	Stroke of Choice	1 x 100m	