



RACE THE WAVES

Prepare for your next triathlon with these pool exercises built to increase your stamina.

1,900m

Total

Triathlon Training

60 Minutes

Intermediate

Set	Exercise	Reps	Time	Instructions & Tips
Warm Up	1	Easy Freestyle	1 x 100m	
	2	Freestyle	1 x 200m	@ 04:00 mins
Drill Set	3	Kick	1 x 200m	@ 04:00 mins Using a kickboard - switch your kick every 100 between dolphin, breaststroke, and flutter kick Coach Tip: Not sure how to use a kickboard? How to use a Kickboard.
	4	Freestyle Pull	1 x 200m	@ 02:45 mins Emphasize your hip/body rotation
Main Set	5	Freestyle	3 x 150m	@ 03:00 mins Use a center snorkel, with a knuckle drill for the middle 50 of each set Coach Tip: Not sure how to use a centre snorkel? How to use a Swim Centre Snorkel.
	6	Freestyle	1 x 200m	@ 03:30 mins No flipturns
	7	Fast Freestyle	1 x 100m	@ 02:00 mins
	8	Easy Freestyle	1 x 50m	
	9	Fast Freestyle	1 x 100m	@ 02:00 mins
	10	Freestyle	1x 200m	@ 03:30 mins No flipturns
Warm Down	11	Easy Freestyle	1 x 100m	