



POWER KICK SET Performing a variety of kick exercises is a great way of increasing both leg and core strength. Aim to maintain your intensity throughout and you'll be king of the mountain in no time	2,250 Total	Legs	60 Minutes	Intermediate
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Set	Exercise	Reps	Time	Instructions & Tips
Warm Up	1	Freestyle	1 x 200m	
	2	Breaststroke	1 x 100m	
	3	Freestyle	1 x 200m	
	4	Breaststroke	1 x 100m	
Main Set	5	Butterfly	6 x 25m	Butterfly kick on your back
	6	Freestyle	1 x 100m	
	7	Breaststroke Kick	6 x 50m	
	8	Freestyle	1 x 100m	
	9	Backstroke Kick	6 x 50m	
	10	Freestyle	1 x 100m	
Warm Down	11	Breaststroke Kick	1 x 100m	
	12	Freestyle	1 x 100m	