



POWER PYRAMID The pyramid. A classic training tool. Build distances but be sure to maintain intensity.	2,400m Total	Endurance	60 Minutes	Intermediate
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Set	Exercise	Reps	Time	Instructions & Tips
Warm Up	1	Freestyle	1 x 200m	
	2	Freestyle Kick	1 x 100m	
	3	Freestyle	1 x 200m	
	4	Freestyle Kick	1 x 100m	
Main Set	5	Freestyle Kick	1 x 100m	Remember to increase intensity in the main set. Target heart rate is 160-170 bmp
	6	Breaststroke	1 x 200m	Coach Tip: Option to do this as front crawl with paddles instead
	7	Freestyle Pull	1 x 300m	
	8	Freestyle	1 x 400m	Aim to swim the second half faster than the first
	9	Freestyle Pull	1 x 300m	
	10	Breaststroke	1 x 200m	
	11	Freestyle Kick	1 x 100m	
Warm Down	12	Breaststroke Kick	1 x 100m	
	13	Freestyle	1 x 100m	