



<b>POST RIDE RECOVERY SESSION</b> After a tough ride there's no better sport for relaxation. With a mix of steady swimming and flotation drills.	1,800 Total	Recovery	60 Minutes	Intermediate
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Set	Exercise	Reps	Time	Instructions & Tips
<b>Warm Up</b>	1	Freestyle	1 x 200m	20 seconds rest Coach Tip: Remember to drink lots of water and stretch before you get in.
	2	Freestyle Kick	1 x 200m	20 seconds rest, use a kickboard
	3	Freestyle Pull	1 x 100m	20 seconds rest, use a Pull Buoy
	4	Backstroke	1 x 100m	20 seconds rest
<b>Main Set</b>	5	Drill	6 x 50m	As 25m skull/25 kick hands by side, 20 seconds rest between each 50m.
	6	Freestyle	2 x 100m	As 25 easy, 25 fast, 25 easy, 25 fast, 30 seconds rest between each 100m
	7	Freestyle	6 x 50m	Steady front crawl
	8	Freestyle	1 x 100m	Easy
	9	Freestyle	1 x 100m	Easy
	10	Freestyle	1 x 100m	Test
<b>Warm Down</b>	11	Backstroke	1 x 100m	Double arm backstroke drill
	12	Breaststroke	1 x 100m	