



CORE STRENGTH

A strong core is the foundation for yoga, use this session to build your core strength so you're ready for any pose.

2100m

Total

Strength

60 Minutes

Intermediate

Set	Exercise	Reps	Time	Instructions & Tips
Warm Up	1	Freestyle	1 x 400m	Want an extra challenge? Try using paddles to increase resistance Coach Tip: Focus on keeping abs tight and kicking from the hip
Main Set	2	Freestyle Kick	2 x 150m	Take 45 secs rest. Kick without a board Coach Tip: Hold your hands out in front, if you find this difficult use a kick board.
	3	Freestyle Kick	2 x 75m	Take 30 secs rest. Kick without a board
	4	Butterfly Kick	2 x 75m	Take 30 secs rest. Kick on your back
	5	Backstroke Kick	2 x 150m	Take 45 secs rest. Coach Tip: Hips up in line with shoulders
Warm Down	6	Freestyle	8 x 100m	Take 30 secs between each Coach Tip: Focus on maximum distance per stroke and a stable body rotation