

the pyramid pool workout

For this workout you'll need a kickboard, pull buoy, and a watch or clock to time your rests and timed 100m efforts.

200m warm-up - choice of stroke

1 x 100m flutterkick with kickboard

15 seconds rest

2 x 100m freestyle drill (100 catch-up, 100 zipper)

20 seconds rest

3 x 100m freestyle pull with pull buoy

30 seconds rest

4 x 100m hard freestyle - get faster with each 100

45 seconds rest

3 x 100m freestyle pull with pull buoy

30 seconds rest

2 x 100m freestyle drill (1x100 catch-up, 1x100 zipper)

20 seconds rest

1 x 100m flutterkick with kickboard

15 seconds rest

200m cool down - choice of stroke

*total:
2000m*