

Spot the Pattern - Intermediate

Warm Up:

200 Choice

Main Set:

50 free on :15 rest

50 free (easy) on :30 rest

100 free on :15 rest

50 free (easy) on :30 rest

200 free on :15 rest

50 free (easy) on :30 rest

100 free on :15 rest

50 free (easy) on :30 rest

50 free **FAST!!** (for a time)

Cool Down:

Minimum 100m easy

1,100m

A nice, intermediate set with a satisfying pattern (if I do say so myself...). It's a lot of freestyle, which is perfect for a casual swimmer who has 45mins or so to jump in and get wet. Make sure you go fast on the last one!