



Aerobic Ladder

Distance: 1800 m

Total Time: 51 minutes

Warm Up:

Easy 1 X 200 Free @ 5:30

Main Set:

Moderate 1 X 100 Free @ 2:50

Endurance 2 X 100 Free @ 2:35

Endurance 3 X 100 Free @ 2:35

Threshold 4 X 100 Free @ 2:25

Best Average 5 X 100 Free @ 3:00

Cool Down:

Easy 1 X 100 Free @ 2:40



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