

Whitewater Swimming

Advanced LCM Middle Distance Training

Intervals can be adjusted to fit the needs of different ability levels.

2 x 400 6:30
8 x 50 stroke no free 1:00
2 x 200 3:00
8 x 50 stroke no free 1:00
2 x 100 1:25

3 x 100 1:20
1 x 200 2:40
1 x 300 5:00 pull

3 x 100 1:15
1 x 200 2:30
1 x 300 5:30 pull

3 x 100 1:10
1 x 200 2:20
1 x 300 6:00 pull

3 x 100 1:10
1 x 200 2:15
1 x 300 6:15 easy

20 x 25 :30 3 easy 1 fast

10 x 50 easy 1:10

6400 LCM

