CORNISH ROCK TORS LTD
EST. 2006
ADVENTURES IN CORNWALL

30min Set (Competent + Beginner)

Key: FS = Frontcrawl BK = Backstroke K = Kick sw = swim R = Rest

Warm Up

10 minutes non-stop swimming

Main Set

20 x 25 All @ Best Effort as 5 sw @ R10

4 sw @ R10
1 kick @ R45

3 sw @ R10
2 kick @ R45

2 sw @ R10
3 kick @ R45

1 sw @ R10
4 kick @ R45

Swim Down

y x 50 sw as Odds @ R5
Evns @ R15

y = number of 50s dependant on how much time is left