

## Surf Swimming

<b>Intermediate Pool Program</b>	<b>Session details</b>	<b>Session Notes</b>
<b>Warm Up</b>	400 Warm Up 100 Kick 100 Pull/Catch Up 200 Swim Technique	Kick Board Pull Buoy
<b>Main session</b>	3 x 200m - 10 sec rest 1 x 100m Kick 4 x 100m 1 x 100m Kick 2 x 50m Sprint 100m Pull	Can mix up strokes  Recovery Swim
<b>Cool Down</b>	100m swim down	
<b>Total</b>	2300m	