



## Advanced Frontcrawl Training Session (Total Distance: 1500m)

### 1. 3x100m Frontcrawl with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat and swim frontcrawl, alternating arms and kicking continuously for 100m.
- Breathe to the side if able.
- Rest for 30-60 seconds, then repeat.

### 2. 2x200m Frontcrawl Kick with Ultifloat (Front Handles):

- Hold the front handles of the Ultifloat with your arms fully extended and face down.
- Kick for 200m.
- Rest for 60-90 seconds, then repeat.

### 3. 3x100m Frontcrawl (No Float):

- Swim 100m frontcrawl full stroke without the Ultifloat.
- Rest for 60-90 seconds then repeat.
- Option of swimming 3x100ms as 6x50ms dependent on fitness levels.

### 4. 8x25m Frontcrawl Kick with Ultifloat Max Effort (Front Handles):

- Hold the front handles of the Ultifloat with your arms fully extended and face down.
- Kick for 25m as fast as you can.
- Rest for 30-90 seconds, then repeat.

### 5. 300m Frontcrawl with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat and swim frontcrawl, alternating arms and kicking continuously for 300m.
- Option of swimming 300m as 3x100ms or 6x50ms dependent on fitness levels.