



Beginner Frontcrawl Training Session (Total Distance: 300m)

1. 2x25m Frontcrawl Kick with Ultifloat (Front Handles):

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

2. 2x25m One-Arm Extended Breathing Drill with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat with your right arm fully extended.
- Kick for 25m leaving your left arm by your side. With your face down in the water, every 3-5 seconds turn your head to the side to breath.
- Rest for 30-90 seconds, switch arms and repeat.

3. 2x25m One-Arm Drill with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat with your right arm fully extended.
- Swim 25m using only your left arm focusing on side breathing.
- Rest for 30-90 seconds, switch arms and swim another 25m using only your right arm.

4. 4x25m Frontcrawl with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat and swim 25m frontcrawl, alternating arms continuously.
- Rest for 30-90 seconds and repeat.

5. 2x25m Frontcrawl (No Float):

- Swim 25m frontcrawl full stroke without the Ultifloat.
- Rest for 60-90 seconds, then repeat.
- Option of swimming 2x25m as 1x50m dependent on fitness levels.