



Intermediate Frontcrawl Training Session (Total Distance: 500m)

1. 2x50m Frontcrawl Kick with Ultifloat (Front Handles):

- Hold the front handles of the Ultifloat with your arms fully extended and face down.
- Kick for 50m.
- Rest for 30-60 seconds, then repeat.

2. 2x50m Frontcrawl with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat and swim frontcrawl, alternating arms and kicking continuously for 50m.
- Breathe to the side if able.
- Rest for 30-60 seconds, then repeat.

3. 4x25m 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 15 seconds, switch arms and swim another 25m using only your right arm.
- Rest for 30-60 seconds, then repeat.

4. 100m Frontcrawl with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat and swim 100m frontcrawl, alternating arms continuously.
- Option of swimming 100m as 4x25ms or 2x50ms dependent on fitness levels.
- Rest for at least 60 seconds before step 5.

5. 2x50m Frontcrawl (No Float):

- Swim 50m frontcrawl full stroke without the Ultifloat.
- Rest for 60-90 seconds then repeat.
- Option of swimming 2x50s as a continuous 100m or as 4x25s dependent on fitness levels.