



## Intermediate Frontcrawl Training Session (Total Distance: 650m)

### 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 100m.
- Rest for 30-60 seconds, then repeat.

### 2. 8x25m Frontcrawl with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat and swim frontcrawl, alternating arms and kicking continuously for 25m.
- Breathe to the side if able.
- Rest for 30-60 seconds, then repeat.

### 3. 8x25m 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 30-60 seconds, switch arms and repeat.

### 4. 2x50m Frontcrawl with Ultifloat (Back Handles):

- Hold the back handles of the Ultifloat and swim 50m frontcrawl, alternating arms continuously.
- Option of swimming 2x50m as 4x25ms dependent on fitness levels.
- Rest for 60-90 seconds, then repeat.

### 5. 2x25m Frontcrawl (No Float):

- Swim 25m frontcrawl full stroke without the Ultifloat.
- Rest for 30-60 seconds then repeat.