

# SPLASH: KICK START

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	PROGRAMME EXERCISE	Front crawl		Bilateral breathing	100m	
		Front crawl kick		Hold float in front	4x 1+10 Seconds rest 1 = width or length	
		Back crawl kick		Fast kicks head out water	4x 1+10 Seconds rest	
		Front crawl kick		Float in front	2x 1+20 Seconds rest	
		Front crawl swim		Easy swim	2x 1+30 Seconds rest	

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	PROGRAMME EXERCISE	Front crawl		Swim with face in	6x 1 5 Minutes 1 = width or length	
		Front crawl kick		Float in front	6x 1+10 Seconds rest	
		Back crawl kick			6x 1+10 Seconds rest	
		Front crawl kick			4x 1 with no rest	
		Breast stroke kick			6x 1+10 Seconds rest	
		Front crawl swim		Easy swim	4x 1+20 Seconds rest	

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	PROGRAMME EXERCISE	Front crawl			8x 1 or 4x 2 1 = width or length	
		Front crawl kick			8x 1 or 4 x 2+10 Seconds	
		Back crawl kick			8x 1 or 4x 2+10 seconds	
		Front crawl kick			8x 1 or 4x 2+10 Seconds	
		Back crawl kick			4x 1 or 2x 2+10 seconds	
		Front crawl kick			4x 1 or 2x 2+10 Seconds	
		Breast stroke kick			4x 1+10 Seconds	
		Front crawl			8x 1 with no rest	