

SPLASH: SHAPE UP

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Discover	WARM UP	Any swim stroke		Warm up	6 Lengths	Easy
	PROGRAMME EXERCISE	Second (weaker) stroke		Development stage	2x 1 length, 30 seconds rest between each	Moderate
		First stroke (strongest), just legs	Kick board required	Main workout	2x 1 length, 30 seconds rest between each	Moderate
		First stroke (strongest), just arms	Kick board required	Main workout	2x 1 length, 30 seconds rest between each	Moderate
		Tread water		Main workout	2 Minutes	
	COOL DOWN	Any stroke		Cool down	2 Lengths	Easy

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Explore	WARM UP	Any swim stroke		Warm up	6 Lengths	Easy
	PROGRAMME EXERCISE	Second (weaker) stroke		Development stage	4x 1 length, 30 seconds rest between each	Moderate
		First stroke (strongest), just legs	Kick board required	Main workout	4x 1 length, 30 seconds rest between each	Fast
		First stroke (strongest), just arms	Kick board required	Main workout	4x 1 length, 30 seconds rest between each	Fast
		Tread water		Main workout	4 Minutes	
	COOL DOWN	Any stroke		Cool down	4 Lengths	Easy

		EXERCISE	HEART RATE	DESCRIPTION	DURATION	LEVEL
Excel	WARM UP	Any swim stroke		Warm up	6 Lengths	Easy
	PROGRAMME EXERCISE	Second (weaker) stroke		Development stage	6x 1 length, 30 seconds rest between each	Moderate
		First stroke (strongest), just legs	Kick board required	Main workout	6x 1 length, 30 seconds rest between each	Fast
		First stroke (strongest), just arms	Kick board required	Main workout	6x 1 length, 30 seconds rest between each	Fast
		Tread water		Main workout	5 Minutes	
	COOL DOWN	Any stroke		Cool down	4 Lengths	Easy