

INFORMATION SHEET 5-9-3

LONG DISTANCE SWIM

A. INTRODUCTION

Swims consisting of various distances or time.

B. REFERENCES

C. INFORMATION

Week	Max Distance	Max Time
1	1000 meters	30 min.
2	1000 meters	35 min.
3	1500 meters	40 min.
4	1500 meters	45 min.
5	1500 meters	50 min.
6	2000 meters	55 min.
7	2000 meters	60 min.
8	2000 meters	60 min.