



Water walking programmes

Programme 1

Intensity – maximum effort for 3-4 minutes followed by a 2 minute rest period, which involves either easy swimming or slow water walking.

Repeat this sequence x 6

Session finish.

Programme 2

30 – 90 seconds maximum effort – rest with slow water walking or easy swimming for the same amount of time, work to rest ratio 1:1.

Total time of maximum work should equal approximately 20 minutes therefore the whole session will take 40 minutes.

Programme 3

30 seconds maximum effort followed by 60 seconds slow water walking or easy swim.

Work to rest ratio 1:2

Total time of maximum effort 15 minutes, therefore total session time 45 minutes.

Programme 4

For elevating soreness etc especially after a hard game.
Rhythmical steady water walking 30-40 minutes.