

Group 3 workouts

Sprint

400 Swim
300 Kick
200 Pull
4 x 50 Breast Swim
100 Reverse IM

3 x 150 Kick/Drill/Swim
 Odd- Free
 Even- Stroke

8 x 50 Even- EZ
 Odd- FAST

8 x 25 FAST

200 EZ

2450

Sprint

200 swim
200 kick
3 x 100 IM on 15 seconds rest

8 x 75 swim/drill/swim by 25
 Odd- Free
 Even- Choice

25 EZ
50 Free working on distance per stroke
75 Build each 25
100 Negative Split
75 Build each 25
50 FAST free working on distance per stroke
25 ALL OUT!!!

200 EZ

2000

Group 3 workouts

IM

10 minute choice swim

100 Kick

100 Pull

100 IM

4 x 50 Fly

Odd- drill

Even- swim

Choice 50

4 x 50 Back

Odd- drill

Even-swim

Choice 50

4 x 50 Breast

Odd-drill

Even-swim

Choice 50

4 x 50 Free

Odd-drill

Even- swim

Choice 50

8 x 25 FAST

200 EZ

~2200

IM

300 swim

300 pull

200 IM

100 Breaststroke

4 x [7 x 50] IM order by round

2-drill

4-FAST

1-EZ

200 EZ

2500

Group 3 workouts

Mid Distance

300 swim

200 kick

200 IM

100 choice

5 x 100 Drill/swim on 20 seconds rest
6 x 50 Build on 1:10
 1st round free
 2nd round stroke

x2

6 x 50 FAST

200 Pull

200 EZ

3100

Mid Distance

300 swim

300 pull

200 IM

2 x 100 breast swim

3 x [4 x 50 on :10 seconds rest
 25 drill/25 swim

IM order

10 x 100 Free

4 on 2:00

3 on 1:55

3 on 1:50

200 EZ

2800