

Group 4 workouts

Sprint

300 swim
300 kick
300 IM (no free)
300 Pull

Kick
200 on 4:00/4:30
2 x 100 on 2:00/2:15
3 x 50 on 1:00/1:10

} x2 Round 1 Free
Round 2 Stroke

6 x 50 Descend

4 x 25 *
1 x 50 ALL OUT FOR TIME

} x3 Rnd 1: Fly
Rnd 2: Bk
Rnd 3: Br

100 EZ

3150

Sprint

400 swim 2 strokes off wall before 1st breath
300 IM K/Dr/Sw
300 Kick (150 Fr/150 No Fr)

16 x 25 ↓ H20 8 w/fins on :30 } as few breaths
8 w/o fins on :45 } as possible

8 x 75 Descend by 25's o-Free on 1:20
e-IM on 1:30

5 x (6 x 50) 4- 100 race pace
2- EZ
Odd – Free on 1:00
Even – IM or Stroke on 1:10

400 EZ

3900

Group 4 workouts

IM

300 free

200 back

200 breast

3 x (3 x 50) Build Fly, Bk, Br

Two times: (total 1000 yards)

25 Fly

50 Fly/Bk

75 Fly/Bk/Br

100 IM



400 Kick w/fins on back alt. Flutter and Dolphin
by 25's

300 (4 x 75) 1-Fly/Fly/Fly
 2-Fly/Bk/Fly
 3-Fly/Br/Fly
 4-Fly/Fr/Fly

300 EZ

3150

IM

Reverse 1200 IM

100 K/Dr/Sw per stroke

8 x 100 Free on 1:30/1:40/1:50

8 x 75 Back on 1:20/1:30/1:40

8 x 50 Breast on 1:10

8 x 25 Fly on :40

200 Kick w/fins alt 25 FAST/25 EZ

200 EZ

3600

Group 4 workouts

Mid Distance

300 swim
300 kick
300 IM w/fins (no free)

12 x 50 Fast w/fins on :50
 Odd- free
 Even – fly
 ½ way underwater off walls

12 x 50
 Odd- Back (past flags underwater)
 Even- Br (double pullout off walls)

5 x 200 Broken
 100- 20 seconds rest
 50- 10 seconds rest
 50- check time

Odd-Free
Even-Stroke

200 EZ

3300

Mid Distance

300 Swim 2 in/2 out
300 Kick (150 w/board, 150 on back)
300 Pull
200 IM

16 x 50 Kick (drop 5 sec every 4)

100 EZ

4 x 100 Long and Smooth
3 x 200 Swim Descend
2 x 300 Neg Split
1 x 400 FAST!!!

200 EZ

4200