

Group 5 workouts

Sprint

400 free
300 back dolphin]
200 IM] with fins
100 Stroke]

20 x 50 5x [Kick :50
[Drill
[Build
[Sprint

Odd sets - free, even sets – stroke

Four times, 15 sec rest all the way:
300 with fins free smooth 12 yard walls
200 no fins free faster 10 yard walls
100 no fins free faster good walls 2 breaths/25
4 x 25 All out!! Good Walls :45

200 Easy WD

5000

Sprint

300 S, K, P, S (last swim with fins)

Four times:

2 x 25 scull :40
1 x 150 Desc 50s to sprint 2:00

24 x 25 kick, four times on :35
4 no board good body position
2 with board

Matrix 1

Two times:

3 x [2 x 25 all out! :30
[1 x 50 easy 1:00
2 x [2 x 50 all out! 1:00
[1 x 100 easy 2:00
1 x [75 easy 1:30
[25 all out from blocks!

400 25 R arm, 25 L arm, 25 choice drill, 25 swim
300kick with fins fly on side
200 backstroke with fins
100 free easy with fins

5200

Group 5 workouts

IM

400 free
300 back
200 breast
100 fly

24 x 25 2x(2fl,2fr,2bk,2fr,2br,2fr) :30

Four times:

2 x 25 underwater fly kick fast :30
2 x 50 fly swim long walls :50
2 x 75 breast count strokes, keep same 1:10
2 x 100 back over kick! 1:30

600 Pull 6 x (25 stroke/75 free)

1000 swim as 5 x 200 IMs straight

200 easy

5400

IM

Reverse 1200 IM

50 drill/50 swim all the way
No fins free & Breast
Fins on for back & fly

12 x 75 2 k/dr/sw 1:15
2 build to sprint! 1:05
(4 each IM order)

1 x 400 IM Try to descend whole set
2 x 300 IM to where the
3 x 200 IM 100's
4 x 100 IM are all out!!

Pick an interval where you are getting 15-20 sec
rest all the way through.

6 x 200 kick with fins :20 sec rest
1-3 Breast 100 no brd/100 with brd
4-6 fins fly 100 on back/100 stomach

300 k,dr,sw by 25 easy with fins

5600

Group 5 workouts

Mid Distance

200 S,K,P,K,S fins on for last kick & swim

8 x 150 odd – k/dr/sw by 50 2:15
Even – swim desc 50's! 2:00

Kick set:

5 x 50 fast! 1:00
1 x 50 easy 1:30
4 x 50 fast! 1:00
1 x 50 easy 1:30
3 x 50 fast! 1:00
1 x 50 easy 1:30
2 x 50 fast! 1:00
1 x 50 easy 1:30
1 x 50 fast! 1:00
1 x 50 easy 1:30

Free set:

5 x 100 1:15
4 x 200 2:30
3 x 300 3:45
2 x 400 5:00
1 x 500 all out!

200 easy

5600

Mid Distance

Two times, 1st time no fins, 2nd time with fins

300 Free
200 IM
100 Stroke

Four times:

1 x 150 IM 2:10
1 x 150 Free pull no pdls 2:10

30 x 100 1:45

Odds – ALL OUT!!

Evens – Recovery with good tech!

300 k, dr, sw easy with fins

5700

Group 5 workouts

Distance

5 x 100 swim 1:30
5 x 100 kick with fins 1:40
5 x 100 Pull 1:25
5 x 100 swim 1:20

One time:

2 x 25 underwater fly kick :30
1 x 50 easy 1:00
4 x 25 underwater fly kick
1 x 50 easy
6 x 25 no breath free
1 x 50 easy
8 x 25 no breath free
1 x 50 easy

Free set:

4 x 300 4:00
4 x 100 1:20
3 x 300 3:50
3 x 100 1:15
2 x 300 3:40
1 x 100 1:10
1 x 300 ALL OUT!! 30 sec rest
1 x 100 All out!
200 easy

6300

Distance

1600 Swim as: 2 x (200 Fr, 150 IM, 150 K no brd)

24 x 50 Pull 6 x [1 Breast 1:00
[3 free :50

Two times:

500 IM (125 of each stroke, 50 kick/75 swim)
400 Free no breath 3in, 3 out
300 IM
200 Free no breath 4 in, 4 out
100 IM fast!!

5 x 200 Fastest Avg!!! 4:00

200 easy

6400