

2 Hour Lap Swimming Workout

Warm Up:

500 swim

3x (12x25 drill choice @'30 1st round fly, 2nd round back, 3rd round breast

(6x50 kick @ 1:00 same as drill by rounds

Main Set:

5x100 @ 1:30

10x25 @ '25 build up each one, no free

2 min. break

2x250 @ 3:30

10x25 @ '20 make it, no free

2 min. break

5x100 @ 1:25

10x25 @ '30 fast, no free

2 min. break

2x250 @ 3:30 descend by 50's

10x25 @ @ '35 all out no free

2 min. break

Sprint set, w/fins:

4x (3x25 fast @ '30 odd round free, even-no free

(1x25 @ '30 ez

Warm down:

200

1 Hour Lap Swim Work Out

Warm Up:

2x300 kick/drill/swim by 100 1 free, 1 IM

2x200 2 5 kick/50 drill/ 25 swim, 1 free, 1 IM

2x100 swim, 1 free, 1 IM

Main Set:

4x (75 @ 15 sec. rest focus on turns

(50 @ 10 sec. rest focus on turn and break out

(25 fast swim

Sprint Set:

4x (8x25@'30 1st round IM, 2nd free, 3rd choice no free, 4th free w/fins all the rounds

Warm down:

200

1 Hour Lap Swim Work Out

Warm Up:

2x200 swim, rest 20 sec.

2x150 k/d/s by 50 one free, one choice, rest 20 sec.

2x100 one kick, one pull, rest 20 sec.

Main Set:

2x (150 swim, count your strokes, 15 sec. rest

(3x50 hold strong pace free @ 1:00

(3x125 swim, count your strokes, last 25 no free, 15 sec. rest

(3x25 @'30 all out choice

Kick Set:

400 kick on your back, w/fins @ 6:00

2x50 all out @ 1:00, w/fins

300 kick on your back, w/fins 4:30

2x50 all out @ 1:00, w/find no free

Warm Down:

200