

SWIMMING MINI SETS

500 SKIPS

100 Swim
100 Kick
100 Pull
100 Swim

IM Mini Set

9x50 rolling IM
fly/back, back/breast, breast/free x3
1x100 IM race pace

Broken 500

25-25-50
50-50
25-75
50-50
50-25-25

5 seconds rest in between each leg

Fast/Easy Mini Set

4x, IM order by round
4x50
1. fast/easy x25
2. easy/fast
3. fast/fast
4. easy/easy

200s IM

5x200 IM
1. Kick/drill x25
2. Drill /swim
3. Kick/swim
4. Drill/build swim
5. Swim race pace

Pull Mini Set

2x100 w/pull buoy
2x100 w/paddles & pull buoy
2x100 w/paddles only
2x100 free

Kick Mini Set

Round 1: on back in streamline
Round 2: w/board
Round 3: w/board and fins

3x

4x25 build kick, :10 rest
4x50 kick at 75% effort, :10 rest
2x25 sprint kick, :05 rest

Descending Mini Set

6x50 choice, descend 1-3, 4-6
6x100 choice, descend 1-3, 4-6
4x25 choice, descend 1-4

10 Ways to Swim 20x25s

20x25 odds drill, evens build
20x25 kick, IM order x1
20x25 odds fast, evens easy
20x25 swim IM order x5
20x25 odds kick, evens drill
20x25 odds underwater dolphin kick, evens free
20x25 odds 4 dolphin kicks off wall, evens 8 dolphin kicks off wall
20x25 descend 1-4, 5-8, 9-12, 13-16, 17-20
20x25 1-4 on :25 rest, 5-8 on :20 rest, 9-12 on :15 rest, 13-16 on :10 rest, 17-20 :05 rest
20x25 odds underwater pull outs, evens breaststroke build