

Storm Swimming

Vacation workout

Warm Up: Complete below or what you typically do in a warm up

400 loosen

2 x 200 choice kick (what you will focus on today) @ 3:30 3:45

400 IM

Pre: MAKE IT!

4x	25	@	:15	:17	:20	:25
	50	@	:30	:32	:35	:45
	25 (AR)	@	:40	:40	:40	:45

Main: Choice Anaerobic Threshold *(to find your AT take ½ of your 200 race PB and add :07-:10 sec. Each repeat should fit in that range)*

4 x 100 descend to your AT pace

4 x	100	@	1:15	1:20	1:25	1:30	1:40	2:00
	200	@	2:30	2:40	2:50	3:00	3:20	2:00
	300	@	3:45	4:00	4:15	4:30	5:00	3:00

all swims completed at AT pace. Increase intensity through each of the longer swims as you would in racing a 200

600 choice dps swim @ 9:00
Consistent and smooth

Vertical kick: Flutter kick WITH FINS

12 x :30 HARD/:15 REST

if in shallow pool, please use board and go same intervals but continuous

1 x 600 long pull with equipment @
9:00/ 9:15

Cool Down

**WHEN PEOPLE ASK ME,
“WHAT DO YOU DO?”**

**I SAY,
“WHATEVER IT TAKES.”**