

Storm Swimming

Vacation workout #2

Warm Up:

400 Loosen	@	6:00
400 IM	@	6:15
200 kick ch	@	3:45

Pre set: Backstroke

5 x 100 10-5-10, 8-7-8, 6-9-6, swim	@	1:30	1:35	1:30(7)
Focus on rotation/lead with hips/head position				

3 x |4 x 25 to foot touch

Focus on clean and fast breakout

R1	@	:30
R2	@	:25
R3	@	:20

Main Set: Race quality stroke work

4 x 2 x 50 minimum maximum stroke	@	1:00
1 x 100 pace 2nd half of your 200	@	2:30
100 AR	@	2:00
6 x 100 stroke kick	@	1:45
100 AR	@	2:00
4 x 2 x 50 minimum maximum back (better rating than r1)	@	1:00
1 x 100 pace 2nd half of your 200	@	2:00

Freestyle focus: technical development - catch - use snorkel - watch your UW work

1-3 rounds	4 x 50 s/l	@	:45
	4 x 25 hinge	@	:35
	4 x 25 dpd (don't rush!)	@	:35
	4 x 50 s/l - 1 (at least)	@	:45

Cool Down 300 with 3 x 25 y scull of choice