

WORKOUT #1 – “MIXED BAG”

2600 yards in 60 minutes

Equipment (Fins, Kick Board)

Warm-up – 200 Free, 100 BK, 100 BR, 4x50 Fly 25 Swim/25 Kick

8 x 75 on REST 15 seconds – 25 Back/25 Breast/25 Free

4 x 50 Free on 1:10 using stroke counts under 20

4 x 100 on REST 20 seconds – 25 Sprint Free/75 Long Free (*stroke counts under 20 per lap*)

4 x 150 on REST 30 – 50 Sprint Free/100 Back at 85% effort (*use fins if they are available*)

200 Kick with a board warm-down – choice stroke

WORKOUT #2 – AEROBIC SPEED

3300 yards in 86 minutes

Equipment (Kick Board, Pull Bouy)

Warm-up – 400 Swim, 6 x 50 Breast/Free Pull, 8 x 25 Kick (sprint str fly to half)

*****Take 3 stroke counts during the 400 today*****

TEST SET – Lower Body

2 x 4 x 75 Kick on 1:45 – Free with board...record fastest and slowest 75 per round.

Recovery/Drill Set

8 x 50 on 1:00 - Freestyle holding stroke counts at “-2” per lap

MAIN SET

4 sets of { 1 x 75 Sprint from a dive on 2:00
1 x 50 Sprint on 1:00
3 x 25 Sprint on :45
1 x 100 Recovery Free swimming at 80% effort – Rest 30

ODD SETS – Non Free

EVEN SETS – Free

Use the same stroke for all of the
“Sprints” for that round.

200 Warm-Down Choice