



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR TEAM EXTRA WORKOUTS



MOUSE WORKOUT

Warm Up

3 x 100 @ 2- 50 drill, 50 swim

2 x 100 @ 2:10 kick

1 x 100 build to pace 600

Stroke Set

8 x 75 @ 1:10

4 x 50 Stroke Pace @ 1:10

RI = 1-

6 x 75 @ 1:15

4 x 50 Stroke Pace @ 1:05

RI = 1-

4 x 75 @ 1:20

4 x 50 Stroke Pace @ 1-

RI = 1-

2 x 75 @ 1:25

4 x 50 Stroke Pace @ :55 2300/2900

Warm Down

6 x 50 @ 1- 300/3200

CRAB WORKOUT

Warm-up

600 (150 free, 50 non-free) 600

Pull set

3 x 200 @ 3:15 (Goal: breathe 7, 6, 5, 4 each 50) 600/1200

Sprint set

4 rds

4 x 25 @ :30

1-drill

2- EZ

3- All out

4- EZ 400/1600

Free set

3 x 100 @ 1:40

3 x 100 @ 1:30

3 x 100 @ 1:20 900/2500

Fly set

8 x 75 @ 1:15 (odd- fly-free-fly, even- free-fly-free)

RI = 1-

100 Fly 700/3200

Zoomers set

8 x 50 K @ 1:05 (odd- all out, even- EZ)

RI = 1-

8 x 25 @ :30 (odd- shimmer, even- EZ) 600/3800

200 Warm Down 200/4000

BILLY GOAT WORKOUT

Warm-up

200 SKIPS 1000

Main set

4 rds.

5 x 100

Rd 1- @1:45 50 drill, 50 swim

Rd 2- @ 2- 50 stroke, 50 swim

Rd 3- @ 1:45 IM

Rd 4- @ 1:20

RI 1- between rounds 2000/3000

Kick set

4 x 100 @ 2- 400/3400

Breath Control

8 x 75 @ 1:20 under-over 600/4000

200 Warm Down 200/4200

SHEEP WORKOUT

Warm Up

8 x 75 @ 1:30 D/K/S

8 x 25 @ :30 skull

4 x 50 @ 1- non-free 1000

Pull set

4 x 100 @ 1:30 400/1400

Free set

3 x 100 @ 1:20/1:30

2 x 100 @ 1:15/1:25

1 x 100 @ 1:10/1:20 600/2000

Kick Set

3 x 100 @ 2-

RI 1-

4 x 50 @ 1- fast 500/2500

Sprint set

4 rounds sprint cycle @ :30

RI 1-

8 x 25 @ :30 odd build even sprint 600/3100

200 Warm Down 200/3300

GIRAFFE WORKOUT

Warm Up

5 x 100 @ 2:00 50 drill, 50 swim

4 x 75 @ 1:30 kick

200 @ 3:00 pull

4 x 50 @ :55 build 1200

Stroke Set

8 x 75 @ 1:30 middle 25 non-free

RI 1:00

4 x 50 @ 1:00 stroke build 800/2000

Free set

4 x 100 @ 1:25/1:35

3 x 100 @ 1:20/1:30

2 x 100 @ 1:15/1:25

1 x 100 @ 1:10/1:20 1000/3000

200 Warm Down 200/3200

DOLPHIN WORKOUT

Warm Up

6 x 150 @ 2:30 50K, 50D, 50S

4 x 50 @ :50 build to sprint 1100

Stroke Set

8 x 75 @ 1:30 50 stroke build to sprint, 25 EZ

RI = 1:00

8 x 25 @ :30 odd sprint, even EZ 800/1900

Kick Set

4 x 200 Kick @ 4:00/4:15

3 x 100 Kick @ 1:50/2:00 1100/3000

IM Set

6 x 100 IM @ 1:45/1:55 Desc 1-3, 4-6

RI = 1:00

200 IM All out @ 3:00 800/3800

Warm Down

6 x 50 @ 1:00 EZ 300/4100

ROOSTER WORKOUT

Warm Up

300 Swim

200 Kick

100 Drill 600

Breath Control

4 x 300 @ 4:30 Middle 100 breathe 7's 1200/1800

IM Set

4 rounds

3 x 50 @ 1:00 (IM order by round)

100 IM @ 1:45 1000/2800

Kick Set

500 Streamline Kick

4 x 100 Fast Streamline Kick @ 1:50/2:00 900/3700

200 Warm Down 200/3900

LAMB WORKOUT

Warm Up

200 Swim, 200 Kick, 200 Pull 600

Stroke Set

4 rds IM Order.

5 x 100 last 100 each rd. fast

FR- 1:30, 1:20

BK- 1:40, 1:30

FL- 1:45, 1:35 (can mix in free)

BR- 1:50, 1:40

RI = 1:00 between rounds 2000/2600

Pull Set

5 x 200 @ 3:00/3:20 1000/3600

8 x 50 Warm Down @ 1:00 400/4000

ANTELOPE WORKOUT

Warm Up

3 rounds

4 x 50 @ 1:00 25 drill, 25 swim

2 x 100 @ 1:45 50 swim, 50 build 1200

Free set

3 x 200 @ 3:00/3:15

4 x 50 @ :55/1:00

2 x 200 @ 2:45/3:00

4 x 50 @ :50/:55

1 x 200 @ 2:30/2:45

4 x 50 @ :45/:50 1800/3000

Drop IM

8 x 75 @ 1:30 600/3600

200 Warm Down 200/3800

GERBIL WORKOUT

Warm Up

300 Swim, 300 Kick, 300 Pull 900

Stroke Set

4 x 100 @ 2:00 50 kick, 50 build

RI = 1:00

8 x 25 @ :30 odd fast, even pace 600/1500

Pull Set

4 x 175 @ 3:00 700/2200

Kick Set

10 x 100 @ 2:00/2:10 1000/3200

600 Swim, every 3rd 25 fly 600/3800

200 Warm Down 200/4000

HORSE WORKOUT

Warm Up

8 x 75 @ 1:30 K/D/S

1 x 200 @ 3:30 DPS 800

Mixed Set

1 x 500 @ 8:00 Every 3rd 25 middle stroke

2 x 250 @ 4:00 Pull

4 x 125 @ 2:30 Kick

5 x 100 @ 1:45 Odd-free, even IM

10 x 50 @ 1:00 25 Stroke, 25 free

20 x 25 @ :35 4x (25 Build, 25 DPS, 25 No air, 25 EZ) 3000/3800

200 Warm Down 200/4000

SNAKE WORKOUT

Warm Up

5 x 200 @ 3:15 50 DPS, 50 swim, 50 build, 50 DPS 1000

Kick Set

12 x 50 @ :50/1:00 600/1600

Stroke Set

3 x 100 @ 1:40/2:00 Desc. 1-3

6 x 50 @ :50/1:00 Desc. 1-3, 4-6 600/2200

Pull Set

4 x 250 @ 3:10/3:30 1000/3200

Sprint Set

4 rds.

50 DPS @ 1:00

50 all out @ 1:00

100 EZ @ 2:00 800/4000

200 Warm Down 200/4200

BUFFALO WORKOUT

Warm Up

200 SKIPS 1000

Sprint Set

3 rds.

4 x 150 @ 3:00 kick

4 x 25 @ :40 FAST

2 x 50 @ 1:10 1 breath down, 2 breaths back 2400/3400

Free Set

3 x 100 @ 1:20/1:30

3 x 100 @ 1:15/1:25

3 x 100 @ 1:10/1:20 900/4300

200 Warm Down 200/4500

BOBCAT WORKOUT

Warm Up

6 x 100 @ 1:40 50 DPS, 50 swim

8 x 25 @ :40 skull 800

Speed Set

8 x 50 @ 1:15 30 yard breakout (last

30 yards of each 50 ALL OUT) 400/1200

4 Rounds

3 x 100 Free @ 1:20/1:30

4 x 50 Free @ :40/:45

4 x 25 All Out Free @ :30 2400/3600

8 x 50 @ 1:00 Warm Down 400/4000

CAMEL WORKOUT

Warm Up

4 x (4 x 100)

Rds 1 & 3- 50 swim, 50 drill @ 1:40

Rds 2 & 4- swim @ 1:20

1600

Pull Ladder

500 @ 7:30

400 @ 6:00

300 @ 4:30 Descend the set

200 @ 3:00

100 @ 1:30

1500/3100

Kick Set

8 x 75 @ 1:25

600/3700

IM Set

12 x 75 @ 1:30

25 free, 25 IM order (-free), 25 free

900/4600

200 Warm Down

200/4800

EMU WORKOUT

Warm Up

4 rounds

	Rd. 1	Rd. 2	Rd. 3	Rd. 4
4 x 50 swim	1:00	:55	:50	:45
4 x 25 build	:30	:30	:30	:30
1 x 100 IM	1:30	1:35	1:40	1:45

1600

Kick Set

3 x 3 x 100

Rd. 1- 2:00/2:15

Rd. 2- 1:50/2:05

Rd. 3- 1:40/1:55

900/2500

Main Set/Test Set

	A	B	C
5 x 100	1:20	1:25	1:30
4 x 50	:40	:45	:50
4 x 100	1:15	1:20	1:25
4 x 50	:45	:50	:55
3 x 100	1:10	1:15	1:20
4 x 50	:50	:55	:55
2 x 100	1:05	1:10	1:15
4 x 50	:55	1:00	1:00
1 x 100	1:00	1:05	1:10
4 x 50	1:00	1:05	1:10

2500/5000

200 Warm Down

200/5200