

Sample Workouts (to use on your own)

Workout 1

2 x 500 (:60 Mix of swim and technique work

2 x 100 (:10 Pull second faster than first

2 x 100 (:10 Kick second faster than first

1 x 50 (:30 very easy technique work

4 x 25 (:45 Very Fast!

1 x 50 (:30 very easy technique work

4 x 50 (:60 very fast

1 x 100 (:60 very easy technique work

4 x 50 (:60 very fast

1 x 100 (:60 very easy technique work

4 x 50 (:60 very fast

1 x 100 (:60 very easy technique work

4 x 50 (:60 very fast

1 x 200 (:60 very easy technique work

3,300

Workout 2

1 x 600 (:30 technique work the first 25 of each 100

1 x 600 (:30 pull, hold an even stroke count

1 x 600 (:30 kick 50 Moderate, 50

4 x 50 (:20 Find a steady pace

1 x 500 (:60 Hold a steady pace

1 x 500 (:45 Hold a steady pace

1 x 500 (:30 Hold a steady pace

1 x 500 (:15 Hold a steady pace

1 x 500 (:60 Hold a steady pace

1 x 200 Very easy technique work

4,600

Workout 3

1 x 200 (:15 Swim Count your strokes, aim to take less per length

1 x 200 (:15 Pull Count your strokes, aim to take less per length

1 x 200 (:15 Kick Steady effort

1 x 200 (:15 Swim Count your strokes, aim to take less per length

1 x 200 (:15 Pull Count your strokes, aim to take less per length 1 x 200 (:15 Kick Steady effort

8 x 50 (:15 25 Technique work, 25 Swim

4 x 25 (:45 Think Speed and Power

1 x 25 (:30 Easy
1 x 125 (:20 Moderate
1 x 100 (:40 Faster
1 x 75 (:60 Fastest
1 x 25 (:30 Easy
1 x 125 (:20 Moderate
1 x 100 (:40 Faster
1 x 75 (:60 Fastest
1 x 25 (:30 Easy
1 x 125 (:20 Moderate
1 x 100 (:40 Faster
1 x 75 (:60 Fastest
1 x 25 (:30 Easy
1 x 125 (:20 Moderate
1 x 100 (:40 Faster
1 x 75 (:60 Fastest
1 x 200 Easy
3,200

Workout 4

1 x 400 (:30 Think smooth, include technique work
1 x 200 (:30 Kick mix easy and fast efforts

1 x 200 (:30 Pull Second half faster than first half
1 x 400 (:30 Think smooth, steady, body position
1 x 200 (:30 Kick mix easy and fast efforts
1 x 200 (:30 Pull Second half faster than first half
1 x 50 (1:00 very easy technique work
4 x 25 (:45 FAST!
1 x 50 (1:00 very easy technique work
1 x 200 (:45 Do as 50 fast + 150 moderate
1 x 200 (:45 Do as 50 moderate + 50 fast + 100 moderate
1 x 200 (:45 Do as 100 moderate + 50 fast + 50 moderate
1 x 200 (:45 Do as 150 moderate + 50 fast
1 x 50 (1:00 very easy technique work
1 x 200 (:45 Do as 50 fast + 150 moderate
1 x 200 (:45 Do as 50 moderate + 50 fast + 100 moderate
1 x 200 (:45 Do as 100 moderate + 50 fast + 50 moderate
1 x 200 (:45 Do as 150 moderate + 50 fast
1 x 300 very easy technique work
3,700