

## Swim Workouts

### Workout #1

500 choice	<u>500</u>
	500
6 x 100's - 25 kick/50 drill/25 swim - choice	
Kick - hands at side focusing on head position	<u>600</u>
	1100
6 x 50's - build - working best strokes	<u>300</u>
	1400
2 x { 3 x 150's rotating fast 50	
Round #1 - kick, Round #2 - swim	
Fast 50's same stroke - remaining 100 flutter kick/freestyle	<u>900</u>
	2300
200 easy - 50 kick/50 scull/50 back/50 free	<u>200</u>
	2500

### Workout #2

600 - 4 x 100 free/50 reverse IM order	<u>600</u>
	600
Large pyramid - 50/100/150/200/150/100/50 freestyle	
Maintain the same pace throughout the whole pyramid - 80%	
Hold between :40-:50 sec per 50	<u>800</u>
	1400
6 x 100's - des 1-3, 4-6	
Start #1 and #4 at the pace held during pyramid	
Therefore if you held :40 start at 1:20 and get faster	<u>600</u>
	2000
6 x 50's - holding pace of #3 and #6 100's	
If you finished at 1:15 - hold :37 for this set	<u>300</u>
	2300
200 easy	<u>200</u>
	2500

### Workout #3

300 free	
3 x 100's IM - drill	
6 x 50's - kick - build	<u>900</u>
	900
4 x 150's freestyle	
50 breathing every 3/5/7	
No breathing in or out of turns, making 5 yards underwater	<u>600</u>

	1500
3 x { 100 kick 100 free 100 IM	
Descend by round - each 100 gets faster - last round 95%	<u>900</u>
	2400
100 easy	<u>100</u>
	2500
<b>Workout #4</b>	
400 free	
400 IM - 50 kick/50 drill	<u>800</u>
	800
8 x 100 IM's - rotating fast 25	
#1 and #5 - fly fast	
#2 and #6 - back fast	
#3 and #7 - breast fast	
#4 and #8 - free fast	<u>800</u>
	1600
8 x { 50 build 25 sprint 25 easy	
Build and sprint - same stroke - easy choice	<u>800</u>
	2400
100 easy	<u>100</u>
	2500
<b>Workout #5</b>	
300 swim	
200 kick	
100 drill	<u>600</u>
	600
8 x { 75 drill 50 build 25 sprint	
Same stroke per round - IMers do two of each round	<u>1200</u>
	1800
4 x { 100 easy - kick 50 sprint - kick	<u>600</u>
	2400
100 easy - 25 kick/25 scull/25 back/25 free	<u>100</u>
	2500

### Workout #6

800 - 150 swim 50 kick - kick IM order	<u>800</u>
	800
4 x 100's streamline kick - IM order	
4 x 100's arms at side kick - IM order	
4 x 100 IM - des 1-4	<u>1200</u>
	2000
12 x 25 - 3 of each stroke	
#1 - easy, #2 - build, #3 - sprint	<u>300</u>
	2300
200 easy - 100 kick, 100 swim	<u>200</u>
	2500

### Workout #7

400 swim	
300 kick	
200 pull (if no buoy available drill)	
100 IM	<u>1000</u>
	1000
2 x { 4 x 100's - holding same pace - "easy speed" - 80%	
8 x 25's - odds - easy	
evens - sprint	
All Free!	<u>1200</u>
	2200
3 x 100's easy	
#1 - kick	
#2 - back	
#3 - free	<u>300</u>
	2500

### Workout #8

400 swim - choice	
4 x 100's kick	
4 x 50's drill - 25 superman catch-up/ 25 fingertip drag	
4 x 25's swim - sprint	<u>1100</u>
	1100
4 x { 75 free at 80%	
50 free at 90%	
25 free at 100%	
	<u>300</u>
	1400
3 x 200's sprint - all broken at the 50, 10 sec. rest at these breaks	
#1 - free	

#2 - IM	
#3 - best stroke	<u>600</u>
	2000
5 x 100's easy	
#1 and 2 - kick	
#3 - drill	
#4 - backstroke	
#5 - free	<u>500</u>
	2500
<b>Workout #9</b>	
2 x { 200 free	
4 x 50's kick	
Round #1 free, round #2 choice	<u>800</u>
	800
5 x 100's free - focus on turns - 5 yards underwater off each wall	<u>500</u>
	1300
4 x 100 IM - working good technique	
8 x 50 kick - 2 of each stroke	
12 x 25's - 3 of each stroke	
#1 - easy, #2 - build, #3 - sprint	<u>1100</u>
	2400
100 easy	<u>100</u>
	2500
<b>Workout #10</b>	
400 choice	<u>400</u>
	400
3 x 300's - free	
150 - superman catch-up/150 - breath 3/5/7 by 50	<u>900</u>
	1500
4 x { 100 - 80% - strong and controlled speed - free or IM	
50 sprint - best stroke or one of each stroke	
25 underwater kick	<u>700</u>
	2200
6 x 50's easy - 2 kick, 2 drill, 2 swim	<u>300</u>
	2500

### Dryland Workouts

#### Workout #1 - 20 minutes

2 x {	1 minute jumping jacks
	1 minute walk-outs
	1 minute high knees - standing
	1 minute walk-outs

1 minute butt kicks  
1 minute walk-outs

2 minute plank rotation  
30 second elbows, 30 second right side, 30 second left side, 30 second pushup

7 minutes - as many rounds as possible  
20 squats  
10 burpees  
5 squat jumps

Workout #2 - 24 minutes  
5 minutes walk-outs

2 x {  
1 minute flutter kicks  
1 minute Russian twists  
1 minute double leg lifts  
1 minute alt. V-Ups  
1 minute windshield wipers  
1 minute shooters  
1 minute reverse crunches

5 minutes burpees

Workout #3 - 24 minutes

2 x {  
1 minute jumping jacks  
1 minute sit ups  
1 minute jumping jacks  
1 minute squats  
1 minute jumping jacks  
1 minute walk-outs  
1 minute jumping jacks  
1 minute alt. v-ups  
1 minute jumping jacks  
1 minute lunges  
1 minute jumping jacks  
1 minute burpees

#### Workout #4 - 27 minute

- 6 x {
  - 30 second double leg lifts
  - 15 sec rest
  - 30 second flutter kicks
  - 15 sec rest
  - 30 second windshield wipers
  - 15 sec rest
- 6 x {
  - 30 second push ups
  - 15 sec rest
  - 30 second lunges
  - 15 sec rest
  - 30 second calf raises
  - 15 sec rest

#### Workout #5

- 1 minute jumping jacks
- 1 minute high knees
- 1 minute butt kicks
- 1 minute tin man skips
- 1 minute high knee skips
  
- 10 second burpees
- 20 second sumo squats
- 30 second side lunges
- 40 second squats
- 50 second mountain climbers
- 60 second wall sit - use inflated balls if possible
- 50 second squat thrusts
- 40 second lunges
- 30 second calf raises
- 20 second toe taps - on step
- 10 second walkouts 6
  
- 10 second double leg v-ups
- 20 second shooters
- 30 second Russian twists
- 40 seconds alt. v-ups
- 50 seconds sit ups
- 60 seconds plank on elbows
- 50 seconds sit ups
- 40 alt. v-ups
- 30 second Russian twists

20 second shooters

10 second double leg v-ups

6 x { 30 seconds - push-ups  
15 seconds rest

Try and keep same number per round - or increase!