

# TRISWIM

Let's do some sprinting!

Choice= any stroke including freestyle.

Free Golf= lower your stroke count on each swim. Check your time and get faster on each swim also. Add the 2 numbers together to get your "score".

Build= Get faster within each swim.

Cruise= an interval you can comfortably make 100-yard swims on with about 10 seconds rest between each swim.

WARM UP: 300 Choice

DRILL: 12x50's

#1-4) Kick, Choice

#5-8) Free Golf

#9-12) Build

MAIN: 5x100's @ Cruise +:10 - #1, 3, 5 HARD

200 Easy

10x50's @ Cruise +:10

#1, 5, 10 HARD- check your time

200 Easy

8x50's Kick on your side (alternate left side and right side by length)

Use Zoomers if you have them. #'s 4 & 8 are HARD. Rest=:15 between each 50

BREATH CONTROL: 6x25's #3) No breath #6) Underwater

WARM DOWN: 150 Easy

TOTAL: 2900