



### **DISTANCE WORKOUT:**

#### Warm-up:

300 yd. warm up  
3x100. R:20sec

#### Pull & Kick Set:

10x150 R: 30sec                      50 Kick – 100 Pull  
Even kick=fast. Pull=easy.  
Odd kick=easy. Pull=fast.

#### Main Set:

600 progressive free. R: 1min.  
3x200 Neg. Split Int. 3  
6x100 Fast Int. 1:20

#### Cool Down:

200 easy technique

**Total yds: 4,100 yds**

### **SPRINT WORKOUT:**

#### Warm-up:

200 pull w/buoy                      15 seconds rest b/t 200's  
200 pull w/buoy using paddles    these are long and easy  
200 pull w/buoy with closed fists  
200 pull w/buoy

#### Pre-Set:

8 x 50                                      on 1:00  
Come off the turn using your  
non-dominant arm to stroke first

#### Main Set:

12 x 50 total sprint                      on :55  
Alternating pull with buoy and  
full swim by 50's. Make the  
swim 50's at least 5 sec. faster  
than the pull 50's – all the speed  
coming from the kick!

#### Kick Set:

6 x 50                                      on 1:15  
25 back kick/25 breast kick

#### Cool Down:

300 easy  
Alternating 25 back/25 free

**Total yds: 2,400 yds**