

# TRISWIM

## **Endurance workout – this should be done 3x per week or more.**

200 yds alternating side drill  
100 yds one arm drill (alternate)  
200 yds catch up (breathe bilaterally; every 3 strokes)  
200 yds  $\frac{3}{4}$  catch up (breathe bilaterally; every 3 strokes)

### Main set:

50 yds  
100 yds  
100 yds  
200 yds  
300 yds  
300 yds  
200 yds  
100 yds  
100 yds  
50 yds, rbi (rest between intervals) 30 – 15 sec.

**Total 2200 yds**

## **Speed workout – this should be done 2x a week.**

100 yds one arm drill (make sure that you arm holding your glide arm in place when taking a breath), speed up cadence on moving arm  
100 yds fist drill  
200 yds  $\frac{3}{4}$  catch up (breathe bilaterally; every 3 strokes)  
100 yds throwing your arms forward - freestyle

### Main set:

25 yds x 6 sprints, rbi 20 sec  
50 yds x 6 (25 yds sprint, 25 yds count your stroke – the lower the better) rbi 30 sec.  
100 yds x 6 tempo with fins, rbi 15 sec.

**Total 1550 yds**