

# TRISWIM

**Helpful Hint!** Remember, swimming is all about body elongation. It is also like “skating”. Reach as far as you can on the “glide”, while your opposing hand/arm is pulling down. If your legs are sinking, press your head and chest down more. Always look to the bottom of the pool when swimming. Think “swim tall, in a tube and downhill.” Meaning, elongate. Do not have your legs and arms/ hands too wide (but watch that your hands/arms are not crossing over too much under the water), and swim with your head and chest down so that it elevates the legs and feet avoiding the drag.

## **Endurance workout:**

### **Drills:**

100 yds side drill (alternate sides 8 times per 25 yds - elongate body) using fins  
100 yds fist drill  
100 yds catch up drill  
100 yds  $\frac{3}{4}$  catch up drill  
100 yds scoop as much water as you can out of the water

### **Main Set:**

50 yds, rbi 15 or 20 sec.  
100 yds  
200 yds  
100 yds  
200 yds  
300 yds  
200 yds  
100 yds  
200 yds  
100 yds  
50 yds

**Total 1900 yds**

## **Speed Workout:**

### **Drills:**

100 yds side drill (alternate sides 8 times per length of 25 yds- elongate body) using fins  
100 yds fist drill  
100 yds count your stroke using paddles and buoy!  
100 yds count your stroke (try to keep it under 19 strokes for a 25 yd pool)  
100 yds  $\frac{3}{4}$  catch up drill

### **Main Set:**

25 yds x 6 sprints, rbi 20 sec.  
REST FOR 2 min.  
50 yds x 6 (25 yds sprint, 25 yds count your stroke - the lower the better) rbi 30 sec.  
REST FOR 2 min.  
100 x 2 sprint, rbi 45 sec  
REST FOR 1 min  
200 yd tempo (race pace)  
50 yds easy (cool down)

**Total 1400 yds**