



DISTANCE WORKOUT:

Warm-up:

200 choice swim easy

Warm Up 2:

8x75 (25 kick/50 swim)

Descend times 1-8,

50 swims are easy, low stroke count per length

Pre Set:

2x(4x25)

#1 build down (fast to slow)

#2 build up (slow to fast)

#3 easy

#4 fast

Main Set:

300 Free, 4x75

300 Free, 3x75

300 Free, 2x75

300 Free, 1x75

All 300's are 70%, all 75's are descended by time with last one FAST!

Cool Down:

100 easy

Total yds: 3,050 yds

SPRINT WORKOUT:

Warm-up:

300 yd. Choice

3x100 yd. Free

Pulling:

800

Set:

5x200, descending 1 to 4,

Rest Interval: 1:00

Kicking:

10 x 50 Int. 1'10"

25 Easy – 25 Fast

Set:

5x(100 @ 75%, 2x50 FAST!)

Rest Interval: 1:30

Cool Down:

200 easy

Total yds: 3,600 yds