

# TRISWIM

## **Endurance Workout**

### **Drills**

200 yds alternating side drills with fins (side drill, but flip about 8 times in 25 yds)

200 yds paddles and buoy

200 yds  $\frac{3}{4}$  catch up drill (catch up drill, but instead of having both hands out in front of you at the same time, your glide arm drops down for the pull as soon as your hand enters the water. Now this arm is the glide arm...and repeat).

### **Main Set**

50 yds, rbi 15 sec.

50

100

200

300

400

300

200

100

50

**Total yds: 2350 yds**

## **Speed Workout**

### **Drills**

100 yds alternating side drill with fins (side drill, but flip about 8 times in 25 yds)

100 yds  $\frac{3}{4}$  catch up drill (catch up drill, but instead of having both hands out in front of you at the same time, your glide arm drops down for the pull as soon as your hand enters the water. Now this arm is the glide arm...and repeat).

### **Main set**

25 yds x 8 sprints, rbi 15 sec

REST 2 MIN

50 yds x 6 sprints, rbi 20 sec.

REST 2 MIN

100 yds x 4 sprints, rbi 30 sec.

REST 2 MIN

50 yds x 4 (alternate 25 yds sprint, and then 25 yds count your stroke...lower the stroke count the better)  
rbi 30 sec.

**Total yds: 1300 yds**