



October Distance Workout

Warm-up:
300 easy

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6x75 (25 kick/25 stroke drill/25 swim)

Pre-set:
2x(4x25)
#1 fast to easy (build down)
#2 easy to fast (build up)
#3 easy
#4 fast

Main Set:
4x150 (stretched out pace, good push-off from walls) 3:50 interval
3x150 (increase effort, good technique, long strokes) 3:40 interval
2x150 (strong efforts) 3:30 interval
1x150 (for time, stay technically sound with excellent walls, balanced body & long strokes) under 3:20
Easy 50 after set of 4, 3, and 2.

Cool Down:
100 easy

Total: 2600 yds

October Sprint Workout

Warm-up
300 choice
300 free

Set:
12x50 1:10 interval
25 easy – 25 sprint

Pulling:
400 progressive
8x100 80% 1:45 interval

Kicking:
300 choice
6x50 pace 1:20 interval

Set:
6x50 max 1:30 interval

Total: 3300 yds