

TRISWIM

Endurance Workout

Drills

200 yd. warm up

200 yd. alternating side drills with fins

Main Set:

50 yds x 4 (25 yd catch up and 25 yd freestyle)

100 yds tempo

200 yds

300 yds tempo

300 yds

200 yds

100 yds tempo

200 yds cool down

Total yds: 2,000 yds

Speed Workout

Drills:

100 yds warm up

100 yds alternating side drill with fins

100 yds catch up

Main Set:

25 yds x 4 sprint with fins, rbi 10 sec

50 yds x 8 (25 yd sprint, 25 yd easy), rbi 15 sec

50 yds x 8 sprints, rbi 30 sec

100 yds x 4 (50 yd sprint, 50 yd tempo), rbi 30 sec

100 yd cool down

Total yds: 1,800 yds