

TRISWIM

Endurance

Drills

200 yd. fingertip drag

100 yd. catch up drill

200 yd. $\frac{3}{4}$ catch up (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. rbi 10-15 sec

25

50

50

100

100

150

200

200

150

100

100

50

50

25

25

Total yds: 1900 yds

Speed

Drills

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

200 yds. catch up drill

Main set

200 yds. easy

25 yds. x 8 sprints, rbi 10 sec

REST 2 MIN

50 yds. x 8 sprints, rbi 20 sec.

REST 2 MIN

100 yds. x 4 sprints (50 sprint followed by 50 easy), rbi 30 sec.

REST 2 MIN

100 yd cool down

Total yds: 1700 yds