



August Endurance Strength Workout

Warm-up:

400, 300 and 200 easy on 10s RI
4x25 on 20s RI

Kick Set: (use fins)

200 steady on 10s RI
2x50 fast on 10s RI
Repeat 2x the above

Pull Set: (Repeat 3x)

400 pull on 10s RI
2x50 fast on 10s RI

Main Set: (Repeat 4x)

[4x100]
Swim #1 and #2 moderate hard on 10s RI
Swim #3 is easy pace on 15s RI
Swim #4 is 100 build
Take 30s RI between each set

Cool Down:

200 easy

Total: 4,900yds

August Sprint Workout

Warm-up:

400, 300 200 freestyle on 15s RI
4x25 kick w/fins on 15s RI
200 kick w/fins on 15s RI

Sprint Set: (Repeat 2x)

8x25, very hard. Alt "swim no breathing" with "water polo"*
50 easy at the end of each set

Skill Set

2x [4x50, 300]
Descend 1-4 from steady to hard pace with 10s RI
Breathe every cycle on OFF-side
300s are easy to steady pace, continue to work on OFF-side breathing
You will likely find that you get tired in new areas. This is the point – to develop a smoother stroke on the OFF-side.

Cool down:

200 easy

Total: 2,900 yds

** "swim no breathing" means swim as much of the 25 as you can with one breath; and
"water polo" means head is up, out of water and looking ahead.