



June Distance Workout

Warm-up:

200 free // 4x50 kick/swim by 25 // 2x100 board kick // 4x50 // 200 free. All on 10s RI.

Pre Set:

12x50 on 15s RI

Pulling:

Twice Through:

300, 200, 100 pull

20, 15, 10s RI

All easy to steady pace

Main Set:

300, 3x100, 300, 6x50, 300, 6x50

300s are easy to steady pace on 30, 30, 20s RI

100s are mod-hard on 10s RI

First group of 50s is mod-hard to hard on 10s RI

Second group of 50s is band only on 15s RI

Cool Down:

200 easy

Total: 4800 yds

June Sprint Workout

Warm-up:

2x

[300 free - 10s RI, 2x100 free - 15s RI, 4x25 free - descend 1-4 on 10s RI]

Quickness Set:

2x

[25 fast on 20s RI, 50 fast on 5s RI, 25 fast on 15s RI, 50 easy on 15s RI]

Endurance Set

4x300

Odd 300s are pull steady pace on 10s RI

Even 300s are 2x150 swim mod-hard on 10s RI

Repeat Quickness Set from above

Cool down:

200 easy

Total: 3200 yds

Fast is "fast" not all out. Hold your stroke mechanics. This is a nice swim for those of you doing short course races at this time of year.