



October Endurance Strength Workout

Warm-up:

300 Free

3x100 focus on stroke technique RI:20"

Kick Set:

8x100 Int. 2'30"

Descending 1 to 4

Main Set:

400 75% RI:1'

2x200 90%

400 85% RI:1'

4x100 90%

Cool Down:

200 easy

Total: 3,200 yds.

October Sprint Workout

Warm-up:

300 Easy

300 Free

Kick Set:

400 (25 Easy – 25 Fast)

4x[

100 RI:30"

4x25 Max

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Main Set:

3x100 Descending 1 to 3 Int: 1'45"

200 Pull Easy

3x100 Descending 1 to 3 Int. 1'40"

200 Keep the focus on smooth stroke technique

3x100 Descending 1 to 3 Int. 1'40"

Cool down:

200 easy

Total: 3,300 yds