



September Endurance Strength Workout

Warm-up:

300 stroke technique on 10s RI
300 free

Pull Set:

8x100 Interval 2:30

Kick Set: (no fins)

300 Choice
3x100 Fast

Main Set:

500 Neg. Split RI: 2'
3x200 Best Average

Cool Down:

200 easy

Total: 3,300yds

September Sprint Workout

Warm-up:

300 Easy
6x50 RI: 15"
Two breaths on the first 25, easy swim on 2nd length

Kick Set:

8x100 (75 kick/25 swim) RI: 15"
Descend times on each 100 by kicking faster each repeat. The 25 swim is easy/recovery.

Main Set:

Total of 14x50 swims
5x50 descend times 1 to 5 RI: 30"
4x50 descend times 1 to 4
3x50 descend times 1 to 3
2x50 one easy, one fast

Cool down:

200 easy

Total: 2,300 yds