

Workout #1 endurance mix

Warm up

500 choice, mix it up a bit
20x25. 1-4 kick@:35,
5-8. 3 cycle breakout then ez @:30
9-12 kick @ :35 imo
13-16. 3 cycle breakout @ :30
17-20 kick @ :35 FAST

Main

5x thru {5x50@ interval that gives you ~:02-05 rest max
{1x50@above interval +:15
100 ez

Main 2

12x25 Shooters w/fins @40 or :45. Ensure you take enough rest. (Underwater streamline dolphin kick to mid-pool or 15m then swim easy to wall)
100ez

Total- 3000yds

Workout #2 quality/mix

Warm up

400choice +4x100 (25 Rt arm only, L arm only, Fist drill, build)

8x100 @ 1:30 (25k, 75s) if >:10 rest, trade a 25s for 25k. If <:10 rest, trade a 25s for 25k. You will be continually changing the configuration for the set.

Ex: first repeat I finish at 1:21. My next repeat is 100s. I finish at 1:16, my next repeat is 25k, 75s. I finish at 1:19 and my next repeat is 50k, 50s.... If the 1:30 is too fast, do these as 75s in the same manner. Once you figure this out, it's a great set! You got this!

Main

8x75 @ 1:30 r:30-40 25 strong, 50 fast free or stroke
100 ez
4x125 @ 2:15 r:30-40 50 strong, 75 fast. Free or stroke
100 ez

Total 2900yds

Workout #3 distance/IM

Warm up

400 choice+400RIMO (25k/25dr)
8x50 @ :60 r:10. Desc 1-4, 5-8

Main

400 IM @6:15 r:20-30 neg split each 100
400 free @5:30 r:20 dps
300 IM @4:45 r:20-30 desc each 75
300 free @4:10 r:20 dps
200 IM @3:00 r:20-30 neg split each 50
200 free @2:50 r:20 dos
100IM @ 1:40 r:20 FAST
100 free @ 1:30 dps
50 IM (yes, switch strokes at the 12 1/2) @ 1. R:20
50 free @ :60 fast

200 ez

Total 3100yds

Workout #4 sprint

Warm up

400 choice+2x (25k r side, l side, on back, on front)

4x75 r:10 IMO 25k-dr-build

Main. *focus on your legs and explosiveness off the walls. We are looking for FAST swimming.

4x {:10 fast kick against wall, flip and sprint 25 @ :45 r:20 (hands on wall, kicking before flip)

100 IM @ 1:50 r:45 FAST

4x {:10 fast kick against wall, flip and sprint 25 @ :45 r:20

100 best stroke @ 1:50. R:45 FAST

4x {:10 fast kick against wall, flip and sprint 25 @ :45 r:20

100 free @ 1:45 r:40-45 FAST

4x {:10 fast kick against wall, flip and sprint 25 @ :45 r:20

100 worst stroke @ 1:50 r:45

4x {:10 fast kick against wall, flip and sprint 25 @ :40 r:20

100 IM @ 1:50 r:45. FAST

200 choice recovery

Main 2 continued recovery

2x50@:40 r:5

2x50@45 r:10

2x50@:50. R:15

2x50@:55. R:20

2x50@60 r:25

Total 2400yds

Let's rock this week's workouts!

