

Workout 1-Fly focus

400 Choice

2x {25 kick right side, 25 kick left side, 25 kick on back}

Main:

(fins optional)

4x25 r:10, alternate left arm only, right arm only per 25.

-work on relaxed, straight arm recovery

2x25. R:15. 2-2-2 drill. *focus on straight arm recovery, and early vertical forearm (EVF) on your catch, swing the arms forward (this is NOT one armed freestyle)

*on the 2-2-2 drill, only take breaths on the one-arm strokes.

2x25 free. R:15 (give those abs a break)

4x125 w/fins @ 2 r:20. 25 dolphin kick, 25 rt arm only, 25 left arm only, 25 2-2-2, 25 fly

Main 2:

8x100 @ 1:45. R:20-25. Odds: swim by 25: 5 fast fly strokes-then ez free, 4 fast fly strokes, 3 fast fly, 2 fast fly. Work on your underwater streamline and kick off each wall.

Evens: free swim with 5, 4, 3, 2 dolphin kicks off the walls by 25

3x200 IM @ 3. R:20-25. Focus on strong fly, maintain only as many good strokes as you can, then switch to one arm drill or free. Long and relaxed on other strokes.

8x25 @ :30. R:10-15. 1 fast fly/1 fast free

200 ez

T-3050yds

Workout 2-IM focus

400 choice

50 dolphin kick, 50 k on back, 50 k breast, 50 k flutter

4x50 r:10 build each

Main:

2x50 fly @:60 r:15

200 IM @ 3 r:20-30

2x50 back@ :60

200 IM @3

2x50 breast @ :60

200 IM @3

2x50 free @ :50

200 IM @3

4x25 fly drill :30. R:10

1x125 IM (add 25fly to end) @2. R:15-20

4x25 back drill @ :30

1x125 IM (add 25 back to end)

4x25 breast drill @ :30

1x125 IM (add 25 breast to end) @ 2

4x25 free drill @ :30

1x125 IM (add 25 free to end) @ 2

200 ez

T-3000yds

Workout 3-pacing and kick

400 choice

12x25 :30, :35. 2 drill, 1 swim IMO

Main

1x400@ 5:20. R:15 DPS, long and strong!

10x25 fast kick @ :35. R:15 (fins ok)

2x200 @ 2:50 r:20-25. Descend 1-2

8x25 fast kick :30. R:10-15

4x100 @ 1:30 r: 0-05, pick fastest interval you can hold

6x25 fast kick :25 r:5-10

8x50@ :50 r:15-20 hold best average for sept

4x25 fast kick :20? Or redo :25 r:0-5

200 ez

T-3200

Workout 4-focus on turns/underwaters

-focus on tight streamlining off walls and take 2-4 dolphin kicks off of EACH wall for the entire practice !

400 choice

12x25 @ :30, :35 3 drill, 1 swim (1-4 best stroke, 5-8 worst stroke, 9-12 choice)

Main. (200s are long, relaxed, you may pull or swim them. focus on faster 100s)

1x100 @ 1:20 r:15

1x200 @ 2:45 r:15-20

2x 100@ 1:15 r:10 even pace

1x200 @ 2:45

3x100 @1:10 r:05 touch and go

1x200 @ 2:45

4x100 @ 1:20 r:15. Descend 1-4

1x200 @ 2:45

6x50 @ 1 r:20-25

1/4=3 cycle breakout off each wall then ez

2/5=fast in and out of turns

3/6=fast finish (last 12 1/2)

200 ez

T-3000yds

Workout 5-25's!

400 choice

3x(4x25 fast kick @ :40 +2x50 build @ :50 r:15-20)

Main

1x25 fast 1x25 ez

2x25 fast	1x25ez
3x25 fast	1x25 ez
4x25 fast	1x25ez
5x25 fast	1x25 ez
6x25 fast	1x25 ez
7x25 fast	1x25 ez
8x25 fast	1x25 ez
9x25 fast	1x25 ez
10x25 fast	1x25 ez

Ez 175

T-2800yds