

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