

Workout 1- Distance

400 choice

4x100 (25 each: RA, LA, scull, build)

Main1

1x1650, break at each 100 (and final 50) for :10, subtract 2:40 for total swim time

100 ez

Main 2

3x through w/fins

1x100K @ 1:45

2x50K @ :50

4x25 SWIM @ :30

next top/bottom

200 ez

T-3600

Workout 2-mix

400 choice

400 rev. 1m (25k, 50dr, 25s)

Main

8x75 odd @ 1:30, r:15. k-sw-k, even @ 1:10, r:15 s-k-s

500 pull br 3-5-7-5-3 by 100

8x25 @ 20 r:05 swim at 200 pace

8x25 @ 25 r:10 swim at 100 pace

8x25 @ 30 r:15. Swim at 50 pace

200 ez

T-2700

Workout 3-fast, broken swims

400 choice

100 drill

100 kick

100 build

400 kick alt 100 kick w/board, 100 kick w/o board

Main

16x25@:30. R:10-15. 4x100 im order

200 im fast, swim 25-r:05, 50-r:10, 50r:10, 50 r:10, 25

100 ez

8x25 @ :30 r:15. Free

200 fast free, break at 50s for :10

100 ez

4x25 @:30 r:15
100 fast, break at 50 for :10

200 ez

T-2700

Workout 4-working back half of 200
400 choice
4x(25k, 50 k-dr, 75 k-dr-build)

Main

5x200 @ 3 r:30-;40. As follows
1-150 long, 50 fast
2-100 long, 100 fast
3-50 long, 150 fast
4-200 fast
5-200 ez

5x100 @ 1:50. R:30-40 as follows
1-75 long, 25 fast
2-50 long, 50 fast
3-25 long, 75 fast
4-100 fast
5-100 ez

12x25 @ :40 12 1/2 under, 12 1/2 over (fast to wall)

200 ez

T-3000

Workout 5-technique work
400 choice
4x(25k-50drill, 50k-25drill)

Main

One round, each stroke. focus on perfect form, not speed. (fins ok)
(100 kick
(4x25 drill @ r:10-15
(2x100 swim r:30 (for fly-hold stroke for 3-6 strokes then drill or free to wall)
(1x100 IM.
Rest, rinse, repeat set

200 ez

T-3200