

Workout #2
Freestyle catch and pacing

Warm-up

300 swim

200 kick

100 drill

100 pull

Pre Set

4 x 100 15 seconds rest

Fist drill down/freestyle back

4 x 75 kick-drill-swim 10 seconds rest

Early vertical forearm for drill

Main Set

5 x 100 Free 10 seconds rest

Swim the last 25 of each at a slightly faster effort

50 Stroke

4 x 200 Free 20 seconds rest

#1, 3, & 5 Moderate; #2 & 4 Hard

50 Stroke

2 x 400 Free 30 seconds rest

Swim the middle 100 of each at a faster effort.

50 Stroke

Kick Set

6 x 25 Kick w/fins 10 seconds rest

Easy halfway, then sprint to the end

Cool Down

200 easy choice

Workout #6
Pacing Short-Mid Distances

Warm-Up

300 Swim

200 Kick

100 Pull

Pre-Main

8 X 25 Free rest 10 sec.

Catch-Up drill halfway, swim the rest

(Focus on getting the full extension of your arm)

8 X 50 Free rest 15 sec.

Moderate down, sprint back

200 Pull (Focusing on the drill used earlier)

Main Set

2 X Broken 200 Free rest 20 sec.

50 moderate

75 build

50 fast

25 SPRINT

100 choice @ 50-60% effort

2 X Freestyle Pyramid @ 80-85% effort rest 10 sec.

25

50

100

200

100

50

25

100 choice @ 50-60% effort

4 X 100 rest 10 sec.

#1: 1st 25 Sprint

#2: 2nd 25 Sprint

#3: 3rd 25 Sprint

#4: 4th 25 Sprint

Warm Down

1 x 200 choice

Workout #7
Sprint Free

Warm up

300 alternate fist drill and swim by 150
200 choice
200 kick

Technique – Free

2 x 125 alternate fingertip drag and swim by 25 rest 15 sec.
1 x 100 free w/ perfect form rest 10 sec.
2 x 125 alternate fingertip drag and swim by 75 rest 15 sec.
1 x 100 free w/ perfect form rest 10 sec.

Main Set - Sprint

20 x 25 free rest 10 sec.
 1-4 – fast
 5 – easy
10 x 50 free rest 10 sec.
 1-3 – strong
 4 & 5 – smooth
 6-8 – strong
 9 & 10 – smooth
5 x 100 free rest 10 sec.
 Odd – strong
 Even – smooth
1 x 100 easy

Kick

12 x 100 kick w/ fins rest 10 sec.

Pull

1 x 250 pull w/ L paddle on. No R paddle rest 15 sec.
1 x 250 pull w/ R paddle on. No L paddle rest 15 sec.
1 x 250 pull w/ both paddles rest 15 sec.

Warm Down

1 x 200 choice