## Workout #1 Free/Back

## Warm up 200 swim 200 kick

200 pull

#### Pre Main

12 x 25 – 1-4=strong kick.

10 seconds rest

5-8=swim...build.

9-10=Fast.

11-12=Smooth.

#### Main Set – alternate between free and back

4 x 75

15 seconds rest

1 – 1<sup>st</sup> 25 fast

2 – 2<sup>nd</sup> 25 fast

3 – 3<sup>rd</sup> 25 fast

4 - strong

4 x 75

15 seconds rest

1 & 2 – 50 strong/25 smooth

3 & 4 - 50 smooth/ 25 strong.

4 x 75

15 seconds rest

Descend #1-4

#4 should be ultra FAST!

#### 1 min rest

16 x 25 choice

10 seconds rest

1-3 - FAST

4 – EZ

(Can use fins, paddles, or fins and paddles)

#### <u>Kick</u>

4 x 150 kick (fins optional)

20 seconds rest

1 & 2 – 100 smooth/50 strong.

3 & 4 - 50 strong/100 smooth.

#### Warm Down

# 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 #3 Masters – Free/Back

<u>War</u>	m	up
200	SW	vim

200 kick

200 pull

#### Pre Main

12 x 25 10 seconds rest

1-4 – strong kick

5-8 – swim build

9-10 - fast

11-12 - smooth

## Main Set – alternate between free and back

2x through

1 x 200 smooth swim 15 seconds rest

2 x 100 15 seconds rest

#1 – 50 smooth/50 strong

#2 -50 strong/50 smooth

4 x 50 descend 1-4 15 seconds rest

#### **Kick**

6 x 75 kick 15 seconds rest

1-2 – smooth

3-4 - fast

5-6 **–** build

#### Warm Down

# Workout #4 Morning Masters – Sprint Free

	Į.	viorining iviasters – sprint i
<u>Warm</u>	<u>up</u>	
300 sw	im	
200 kic	k	
100 pu	II	
·		
<u>Pre Ma</u>	<u>in</u>	
2 x 100	choice	15 seconds rest
	1 – 25 fast/75 smooth	
	2 – 75 smooth/25 fast	
2 x 75 f	ree	10 seconds rest
	1 – 50 strong kick/25 swin	า
	2 – 50 strong swim/25 kic	
2 x 50 f	- · · · · · · · · · · · · · · · · · · ·	10 seconds rest
	1 – easy/fast	
	2 – fast/easy	
	•	
Main S	et – Sprint	
4 x 100		10 seconds rest
	1 & 4 – smooth	
	2-3 – fast	
6 x 75		10 seconds rest
	1-4 - 50 fast/25 smooth	
	5-6 – 25 fast/50 smooth	
8 x 50	·	10 seconds rest
	1-2 – fast	
	3-4 – smooth	
	5-6 <b>–</b> fast	
	7-8 – smooth	
1 min r	est	
16 x 25	swim	10 seconds rest
- · · · <b>- · ·</b>	Strong w/ fins. Focus on st	
	5 ,	

#### **Kick**

2 x 300 kick 20 seconds rest

1 – smooth kick.

2 – moderate kick w/ fins

#### Warm Down

1 x 200 – Choice.

1 x 50 easy choice

## Workout #5 Morning Masters – Sprint Free

#### Warm up

200 choice

200 kick

200 pull

200 kick/choice alternating by 50

#### Pre Main

4 x 75 free 15 seconds rest

1 – 25 fast/50 smooth

2 – 25 smooth/25 fast/25 smooth

3 – 50 smooth/25 fast

4 – smooth

12 x 25 free 10 seconds rest

odd – strong 90% effort

Even - smooth

#### Main Set - Sprint

20 x 25 free 10 seconds rest

1-3 - FAST!

4-5 – smooth

10 x 50 free 10 seconds rest

ODD – FAST!!!

EVEN – easy

5 x 100 free 15 seconds rest

ODD – FAST!!

EVEN – easy

1 x 100 easy choice

#### Kick

2 x 400 20 seconds rest

1 – smooth kick

2 – moderate kick w/ fins

#### Pull w/paddles

12 x 75 free pull 15 seconds rest

1-6=70%.

7-12=80%.

Change up breathing patterns and directions.

#### Warm Down

# Workout #6 Pacing Short-Mid Distances

Warm-Up 300 Swim 200 Kick 100 Pull	
Pre-Main 8 X 25 Free Catch-Up drill halfway, swim the rest (Focus on getting the full extension of 8 X 50 Free Moderate down, sprint back 200 Pull (Focusing on the drill used earlier)	rest 10 sec. f your arm) rest 15 sec.
Main Set  2 X Broken 200 Free  50 moderate  75 build  50 fast	rest 20 sec.
25 SPRINT 100 choice @ 50-60% effort 2 X Freestyle Pyramid @ 80-85% effort 25 50 100	rest 10 sec.
200 100 50 25 100 choice @ 50-60% effort 4 X 100 #1: 1st 25 Sprint #2: 2nd 25 Sprint #3: 3rd 25 Sprint #4: 4th 25 Sprint	rest 10 sec.
Warm Down	

# Workout #7 Sprint Free

# Warm up 300 alternate fist drill and swim by 150 200 choice 200 kick

## <u>Technique – Free</u>

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.

rest 10 sec.
rest 10 sec.
rest 10 sec.

## 1 x 100 easy

## <u>Kick</u>

12 x 100 kick w/ fins rest 10 sec.

### <u>Pull</u>

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