

**Workout #1**  
**Sprint Free**

Warm up

200 swim  
150 drill  
150 kick  
200 pull

Pre Main

*4x through*

25 underwater free with fins	10 seconds rest
50 free	5 seconds rest
25 BLAST* breakouts	5 seconds rest
50 free	10 seconds rest

Kick

*4x through*

3 x 50 kick followed by 1 minute of vertical kicking	15 seconds rest
1 – powerful kick	
2 – powerful down/fast back	
3 – alternate powerful/fast every 6 kicks	
4 – fast	

Main Set

*6x through*

2 x 25 BLAST to easy	10 seconds rest
30 seconds vertical kicking	

*3x through*

6 x 25 free RACE PACE**	30-45 seconds rest
4 x 50 free RACE PACE	
2 x 75 free RACE PACE	
1 x 100 free RACE PACE	

Warm Down

1 x 200 choice

\*BLAST means that you are focusing on an explosive breakout from your streamline. That means getting up to the surface and having fast, powerful strokes right off the streamline.

\*\*RACE PACE means that you are swimming as fast as you possibly can. This set incorporates blasts of speed followed by a lot of rest.

**Workout #2**  
**Drill Work**

Warm-up

200 swim

200 kick

200 pull

Pre Set

4 x 50 drill/free 10 seconds rest

1 – fingertip drag drill

2 – catch up drill

3 – hand at the surface (shoulder-width)

4 – quick catch free

4 x 50 drill/back 10 seconds rest

1 – streamline kick on back

2 – 10/3/10

3 – hand at the surface (shoulder-width)

4 – double arm backstroke

4 x 50 drill/breast 10 seconds rest

1 – breaststroke kick on back

2 – 2 kicks/1 pull

3 – I/Y

4 – separation breaststroke

4 x 50 drill/fly 10 seconds rest

1 – press and release

2 – 4 kicks and a stroke

3 – belly board butterfly

4 – 1 arm butterfly (alternate every 3 strokes)

Main Set

20 x 25 5 seconds rest

1 – free drill

2 – free sprint

3 – stroke drill

4 – stroke sprint

*Repeat 5x*

5 x 100 kick choice build 10 seconds rest

400 pull

Warm Down

200 easy choice

## Workout #3

### Dry Land

#### Warm up

Walking Series: active stretching about 25 yards down a flat surface

knee hugs (chest up, shoulders back, knee to chest, dorsi flex)

quad stretch (opposite arm to leg, natural placement of hips, better stretch)

ankle to hip stretch (use core to lift leg not back, feel in glute and ham)

straight legged kick (dorsi flex, opposite arm, chest up)

hamstring bend and extend (open hip reach up to sky)

inch worms (depending on flexibility full extension)

elbow to instep lunge (back leg straight)

Quadruped x8: on hands and knees, dorsi flex both feet for core activation, no overcompensation of opposite side

fire hydrants (90 degree lift with posterior glute)

kick backs (no flexion of spine, natural range body allows)

side extension (reset each rep, only far as no lean)

forward and backward circles (back extend reset each rep)

Straight legged Series x8: lying on back, low back press to ground, activate deep core

straight leg lift (range of motion, more rigid may mean more power)

side leg lift (straight line head to toes, lead with heel so activate abductors)

bottom leg lift (comfy cross over, squeeze adductors)

side extension on stomach (opposite arm stabilize, hover over ground)

Ankle rockers x8 (flexion and stability)

Body weighted squats x8 (feet hip distance, chest up, butt back)

#### Main Set

Suicides

sprint down, stick, jog back x4 markers

2 rounds – alternate stick and turn left and right each time

10 forward step lunge to 10 sec hold each leg

30 sec plank hold

20 elbow taps in high plank

30 sec of swimmer kicks on back

10 glute ham march

10 bird dogs

#### Warm Down

Static Stretches

standing breathing with arms x5

standing pike x30 sec

straddle one leg reach x15 sec per side

lunge x15 sec per side

downward dog x30 sec

seal stretch x30 sec

bicep/peck pull x15 sec per side

tricep pull x15 sec per side

**Workout #4**  
**Distance Free**

Warm up

300 free  
200 kick  
100 pull

Pre Main

Death 500\* 120 seconds rest  
    Squats on odds  
    Pushups on evens

Main Set

500 free build 60 seconds rest  
2 x 300 free 30 seconds rest  
    1 – first and last 100 hard/middle 100 easy  
    2 – middle 100 hard/first and last 100 easy

Kick

4 x 150 kick 10 seconds rest  
    1 & 4 – flutter kick  
    2 – dolphin kick  
    3 – breaststroke kick

Warm Down

1 x 200 – choice

\*The Death 500 is swimming a 500 freestyle. However, what makes this so difficult is that at each end you have to hop out of the pool and do a dry land exercise. After the first 25, you get out and do 20 repetitions of a particular exercise (in this case: 20 squats). Then get back in the pool, swim another 25, hop out and do 19 repetitions of a different exercise (in this case: 19 pushups). Then you continue on until you've swam 500. With each length, you do one less repetition of the dry-land exercise. For this Death 500, you'll end on 1 pushup.

**Workout #5**  
**Dry Land - Yoga**

Warm up

Alternate Nostril Breathing

5-10 breaths

Lion's Breath

5-10 breaths

Bellows Breath

5-10 breaths

Main Set

Cat-Cow Stretch

10x

Shoulder Stretch

10 breaths on each side

Hand and Knee Balance

3x for 5 breaths on each side

Downward Facing Dog

10 breaths

High Lunge

10 breaths on each side

Humble Warrior

5 breaths on each side

Triangle Pose

5-10 breaths on each side

Locust Pose

3x for 3 breaths

Bridge Pose

3x for 5 breaths

Eye of the Needle Pose

5 breaths on each side

Supine Twist

5-10 breaths

Cobber's Pose

10 breaths

Thunderbolt Pose

30 seconds

Warm Down

3 Part Breathing

10 breaths

Corpse Pose

5-10 minutes

**Workout #6**  
**Individual Medley (IM)\***

Warm-up

300 swim

200 kick

100 pull

100 drill

Kick Set

4 x 50 kick 5 seconds rest  
IM order

Pre Set

8 x 75 kick/drill/swim 10 seconds rest  
IM order

6 x 50 broken IM\*\* 10 seconds rest

Main Set

*2x through* 15 seconds rest  
3 x 200

1 – 25 fly/25 free/25 back/25 free/25 breast/75 free

2 – 100 IM/100 IM

3 – 200 IM

400 pull

Hypoxic\*\*\* by 50 (9/7/5/3)

Cool Down

200 free

100 back

100 choice

\*Individual Medley (IM) is an event where each of the four strokes is swam in the following order: butterfly, backstroke, breaststroke, freestyle. 100 IM is a 25 of each stroke in that order, 200 IM is a 50 of each stroke in that order, 400 IM is a 100 of each stroke in that order, etc.

\*\*Broken IM means each length is a different stroke. For example, 6 x 50 broken IM would be as follows: #1 – butterfly/backstroke, #2 – backstroke/breaststroke, #3 – breaststroke/freestyle, #4 – butterfly/backstroke, #5 – backstroke/breaststroke, #6 – breaststroke/freestyle

\*\*\*Hypoxic works on breath control. When given a hypoxic set, focus on how often you take a breath. For example, the hypoxic set above means that you'll swim the first 50 breathing every 9 strokes, the second 50 breathing every 7 strokes, the third 50 breathing every 5 strokes, the fourth 50 breathing every 3 strokes and then repeating.

**Workout #7**  
**Sprint Free**

Warm up

300 swim

200 kick

100 pull

Pre Main

8 x 50

10 seconds rest

1-4 – 25 kick/25 swim

5-8 – 25 drill/25 swim

Main Set

*Repeat 2x*

3 x 200 sprint

60 seconds rest

1 – straight 200

2 – broken 15 seconds at 100

3 – broken 10 seconds at each 50

6 x 50 pull

10 seconds rest

3 x 100 sprint

60 seconds rest

1 – straight 100

2 – broken 15 seconds at 50

3 – broken 10 seconds at each 25

Warm Down

300 choice