

## **Day One Backstroke**

### Warm Up

2 x 100 back rest: 10 seconds  
(25 back/25 pull)  
2 x 100 rest: 10 seconds  
#1 - backstroke  
#2 - freestyle

### Main Set

4 x 100 sprint free rest: 15 seconds  
6 x 75 back rest: 10 seconds  
10 x 50 back rest: 10 seconds  
Alternating slow/fast  
4 x 200 IM rest: 15 seconds

### Kick Set

400 IM kick rest: 10 seconds  
Alternate medium/hard

### Pull Set

100 free pull rest: 10 seconds  
250 back pull rest: 10 seconds

### Warm Down

200 back  
Slow but strong, focusing on form  
200 choice

## **Day Two Dry-Land**

### Warm Up

Walking series, quadruped, straight legged, rockers

### Main Set

*Repeat 3x*

10 V-Ups

15 MB Russian Twists

TIP: Elevate your feet to make the exercise more difficult

10 DB Push Ups

15 SB Streamline Crunches

20 Mountain Climbers

TIP: Use TRX if available

10 minutes suicides

4 minutes on/1 minute rest

### Warm Down

Static Stretches: standing pike, straddle one leg reach, lunge, down dog, seal, bicep and tricep cross body

**Day Three**  
**Short Backstroke workout**

Warm Up

200 swim

8 x 75 swim rest: 10 seconds

Begin at 50% effort and increase each 75

Main Set

*Repeat 3x* rest: 10 seconds

4 x 75 sprint

#1 free

#2 25 back/50 free

#3 50 back/25 free

#4 back

*Repeat 3x* rest: 10 seconds

3 x 50 sprint

#1 25 free/25 stroke

#2 25 stroke/25 free

#3 stroke

Warm Down

200 choice

## **Day Four Dry-Land**

### Warm Up

Static Stretches: standing pike, straddle one leg reach, lunge, down dog, seal, bicep and tricep cross body

### Main Workout

*Repeat 5x*

30 second plank  
30 second side plank (each side)  
1 minute jump rope  
15 jump squats  
30 second wall sit  
1 minute jump rope  
10 pushups  
15 situps  
1 minute jump rope  
REST 2 minutes

### Cool Down

Static Stretches: standing pike, straddle one leg reach, lunge, down dog, seal, bicep and tricep cross body

## Day Five Sprint Free

### Warm Up

200 swim

200 kick

200 pull

### Main Set

#### Backstroke & Freestyle Ladder

1 x 100 free at 70% effort rest: 10 seconds

2 x 50 back rest: 10 seconds

#1 at 85% effort

#2 at 95% effort

1 x 200 free at 70% effort rest: 10 seconds

2 x 100 back rest: 10 seconds

#1 at 85% effort

#2 at 95% effort

1 x 400 free at 70% effort rest: 10 seconds

2 x 200 back rest: 10 seconds

#1 at 85% effort

#2 at 95% effort

1 x 200 free at 70% effort rest: 10 seconds

2 x 100 back rest: 10 seconds

#1 at 85% effort

#2 at 95% effort

1 x 100 free at 70% effort rest: 10 seconds

2 x 50 back rest: 10 seconds

#1 at 85% effort

#2 at 95% effort

### Warm Down

3 x 100 rest: 15 seconds

50 back/50 free