

Workout #1
Butterfly

Warm up

300 swim

200 kick

100 pull

Pre Main

3 x 100 fly drill 15 seconds rest

#1 – one arm fly (alternate arm by 25)

#2 – dolphin kick with breast arms

#3 – belly board butterfly

10 x 25 swim 10 seconds rest

#1, 4, 7 & 10 – free

#2, 5 & 8 – breast

#3, 6 & 9 – fly

Main Set

3 x 200 fly 20 seconds rest

#1 – slow and stretched out

#2 – breathe every other stroke

#3 – all out sprint

2 x 100 easy free 15 seconds rest

Kick Set

12 x 25 kick 10 seconds rest

#1-4 – press and release drill

#5-8 – press and release w/ hooked thumbs

#9-12 – dolphin kick in streamline

Warm Down

1 x 300 choice kick

1 x 100 choice

Workout #2
Dry Land
In the weight room

Warm-up

Light stretching

Walking series

Main Set

Repeat 4x

15 Rollouts

10 Deadlifts

10 Clean pulls

10 Power cleans

15 Kettlebell swings

20 minute run

Cool Down

10 minute easy walk

Light stretching

Workout #4
Dry Land

Warm up

5 x bird dog

5 x kneeling superman on each side

Walking series

Main Set

Repeat 5x

6 x Opposite arm/leg reach on each side

45 second Plank

45 second Side plank

5 x Side plank w/rotation on each side

20 x Criss-cross (bicycle crunch)

10 x Advanced oblique curls

10 x Double straight leg ab curl

20 x Swimmer

Repeat 3x

10 x Body weight squats

10 x Squat jumps

10 x One leg squats

10 x Squat thrusts into squat jumps

10 x Single leg forward lunges

Warm Down

Light Stretching

Workout #5
Butterfly

Warm up

300 swim
200 pull
100 kick

Main Set

6 x 25 fly	10 seconds rest
Odds – dolphin kick in streamline on back	
Evens – swim	
1 x 100 fly	20 seconds rest
1 x 50 free	10 seconds rest
7 x 25 fly	10 seconds rest
Odds – 4 kicks and a pull drill	
Evens – swim	
1 x 100 fly	20 seconds rest
1 x 75 free	10 seconds rest
8 x 25 fly	10 seconds rest
Odds – 4 kicks and a stroke drill	
Evens – swim	
1 x 100 fly	20 seconds rest
1 x 100 free	10 seconds rest
9 x 25 fly	10 seconds rest
Odds – one arm butterfly	
Evens – swim	
1 x 100 fly	20 seconds rest
1 x 125 free	10 seconds rest
10 x 25 fly	10 seconds rest
Odds – 2/2/2 drill	
Evens – swim	
1 x 100 fly	20 seconds rest
1 x 150 free	10 seconds rest

Warm Down

1 x 200 choice