

Workout #1
Breaststroke

Warm up

300 swim

200 kick

100 pull

Pre Main

6 x 50 breast kick

10 seconds rest

8 x 50 breast drill

10 seconds rest

Main Set

6 x 200 breast

20 seconds rest

 #1 & 4 – 25 kick/25 swim

 #2 & 5 – 25 drill/25 swim

 #3 & 6 – 25 moderate pace/25 sprint

Repeat 6x

10 seconds rest

 100 free

 2 x 25 sprint breast

 30 seconds rest

Warm Down

1 x 200 choice

Workout #2
Dry Land

Warm-up

Light stretching

Walking series

Main Set

Repeat 4x

10 Squats

10 Lateral squats

5 minute jumprope

1 minute rest

20 Stepups (quick)

20 Lateral stepups (quick)

5 minute jumping jacks

1 minute rest

10 Pushups

10 Burpees

Cool Down

10 minute easy walk

Light stretching

Workout #3
Breaststroke

Warm up

200 swim

200 kick

200 pull

Kick

10 x 25 underwater breast kick 30 seconds rest

Pre Main

9 x 50 (sets of 3) 10 seconds rest

 #1 – 25 free/25 breast kick

 #2 – 25 free/25 breast pull

 #3 – 25 free/25 breast

8 x 25 hypoxic pull 15 seconds rest

Main Set – alternate between free and back

Repeat 6x

 75 breast 5 seconds rest

 100 free 10 seconds rest

1 x 150 choice (moderate) 30 seconds rest

1 x 50 sprint breast

Warm Down

1 x 300 choice

Workout #4
Dry Land - Pilates

Warm up

30+ seconds Imprinting
3 x Arm reach and pull
5 x Pelvic curl
10 x Sun salutations

Main Set

Repeat 5x

20 x Single leg stretch
20 x Single leg kick
15 seconds Swimmer
15 x Pilates roll-up
30 seconds plank
30 seconds side plank (both sides)
1 minute rest

Warm Down

10 minute walk
Light Stretching

**Workout #5
Breaststroke**

Warm up

400 swim
100 kick
100 pull
8 x 50 choice 10 seconds rest

Pre Main

8 x 75 breast kick/drill/swim 10 seconds rest

Kick

4 x 50 breast kick on back 10 seconds rest
6 x 25 breast kick 5 seconds rest
 Odds – moderate
 Evens – sprint

Main Set

3 x 150 swim 15 seconds rest
 First 100 – free
 Last 50 – sprint breast
4 x 75 descend breast 10 seconds rest
5 x 100 swim 10 seconds rest
 First 25 – choice
 Middle 50 – breast
 Last 25 – sprint free

Warm Down

1 x 200 choice