Swim Workout

Focus: Stroke Speed

400 reverse IM/ 100 top of water pull downs/100 back flutter

Tune-up:

12x 50’s:

1-4: free down, underwater flutter back

5-8: breast or fly down, underwater breast or dolphin back

9-12: back down, underwater flutter back

20x25’s: FREE and STROKE

1-10: pull every two 25’s:quick arms, / 8 beat kick every other two

11-20: pull stroke every two/ stroke legs

Main set:

#1 Choose TWO strokes: hard intervals

8x 100’s:

2x Free, ST, ST, free

2x Free, free, ST, ST

2x ST, free, ST, ST

2x Free, ST, ST, ST

5x100’s Free: hard interval

6x 100’s: hard interval

50 recovery between each

1-2: Free, Free, ST, ST

3-4: Free, ST, ST, free

4-6: St, Free, Free, ST

5x 100’s Free: hard interval

something fun?