



Train Smarter. Swim Faster.

Spend 5 minutes on reaction drills

Warm up: start into 600 choice swim @ 70%

8 x 50 choice kick @ 70% :15 rest

8 x 75 25 kick 5 fast / 6 slow, :15 rest

50 with ½ way underwater fly kick @ 95% with choice swim @ 70%

4 x 25 partner free kick racing on :50

25 easy

Set #1 Heart rate set to judge on how much you or the swimmer needs to rest.

This depends on your body and level of fitness. Remember daily issues could skew results (being sick, stress, etc.). Do this for a couple of days if needed.

Do this swim set freestyle:

4 x 25 on :25 build each 25 to a sprint

4 x 25 on :20 build each 25 to a sprint

100 sub :57 +/- based on ability with last 50 add sprint kicking

:10 rest only

50 sprint (max out heart rate)

Take heart rate immediately for 10 seconds. Take heart rate every minute

Until your heart rate doesn't drop then 50 easy. Discuss with coach or email me to discuss.

Set #2 complete this set twice

4 x 50 kick on 1:20

#1-3 VS by 25 90% - 100% broken @ 25 for :05,

#4 @ 100% broken @ 25 for :05

50 easy kick on 1:20

100 swim VS by 25 70% - 100% (100 RP) on 2:00

50 easy swim on 1:20

5 x 50 swim top or 2nd stroke with inc stk cnt by 25 on 1:20

#1-3 VS by 25 200 RP – 100 RP broken @ 25 for :05

#4 easy swim

#5 @ 100 RP broken @ 25 for :05 - :10 as needed to hold pace

50 easy swim on 1:20 into next time thru



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Set #3 recovery set with some speed, paddles swim if desired or if swimming the 200 or 500 free

2 x 100 swim free on 1:15 sub 1:10 +/-

3 x 100 choice swim on 1:35

2 x 100 swim free on 1:20 sub 1:05 +/-

4 x 100 choice swim on 1:40

2 x 100 swim free on 1:25 @ 500 RP

5 x 100 on 1:40

1st 25 6 stroke sprint tarzan break out then easy to wall, 75 recovery swim

Set #4 Overspeed

3 x 25 cords pull only for speed

150 easy

Total yardage = 5,550