|  |  |  |
| --- | --- | --- |
| **Workout #1** | *3000* | *2000*  |
| Warm-up: Free*Swim*#1. at 1000 pace#2. 5 seconds faster#3. 5 seconds faster than #2#4. 5 seconds faster than #3 | 4 x 250 | 4 x 200 |
| Butterfly*Kick* (no board) front, back, side *Drill* 1 arm, change each length*Swim* | 2002002x100  | 2001002x50 |
| Backstroke*Drill* Delay pull, kick on side*Swim* | 200100  | 100100 |
| Breaststroke*Swim* 1 length normal,1 length with dolphin kick | 200 | 100 |
| Freestyle*Pull* hypoxic, 1/3 one length,1/5 next, 1/7*Kick*  | 8x75200 | 4x75200 |
| Swim down*Drill* free catch-up | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #2** | *3200*  | *2000* |
| **Warm-up** *Drills Choice* | 400  | 300  |
| **Freestyle***Swim* ("on" means starting every forty seconds)*Kick* | 4x50 on :404x50 on :504x50 on :602008x25 on:40 | 4x50 on :554x50 on :654x50 on :752004x25 15 sec. rest |
| **IM***Swim* *Fly + BackFly + BreastFly + FreeIM* | 50+15050+15050+150200 | 25+7525+7525+75100 |
| **Choice***Pull* least favorite stroke*Pull* favorite stroke*Swim* timed | 4x1004x502x100 | 4x504x252x50 |

|  |  |  |
| --- | --- | --- |
| **Workout #3** | *3000* | *2000* |
| **Warm-up***Swim* free | 500 #2 reverse: 4 to 1 | 500 |
| **Fly + Free***Swim* | 100: 25 Fly, 75 free 100: 25 free, 25 Fly, 50 free 100: 50 free, 25 Fly, 25 free100: 75 free, 25 Fly | 50: 25 Fly, 25 free50: free, Fly50: Fly, free50: free, Fly |
| **Back + Breast***Swim* work turns hard | 2x150: 100 back, 50 breast2x150: 50 back, 100 breast | 2x100: 75 back,25 breast2x100: 25 back,75 breast |
| **Free***KickSwim* | 8x50 on :608x75+25: moderate 75, 10 sec rest, then hard 25 | 6x50 on :754x75+25: moderate 75,10 sec rest, then hard 25 |
| **Swim-down***Pull* free | 300 | 200 |

|  |  |  |
| --- | --- | --- |
| **Workout #4** | *3200* | *2400* |
| **Warm-up***Drills* 1-arm Fly, Breast with fly kick, catch-up free, etc. | 400  | 200  |
| **Freestyle + stroke***Swim* Free*Swim* Favorite stroke*Kick* Free*Swim* 2nd favorite stroke*Pull* Free*Swim* 3rd favorite*Swim* Free*Swim* least liked stroke | (:20 rests)4004x1003006x752008x5010010x25  | (:20 rests)4004x1003004x752004x501004x25  |
| **IM***Swim* | 200  | 100  |
| **Swim-down***Swim* Choice | 200  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #5** | *3100* | *2200* |
| **Warm-up**: Choice*SwimKickPull* | 250250250  | 150150150  |
| **Freestyle***Swim* | 15x50 3 on :503 on :453 on :403 on :453 on :50  | 10x50 2 on :602 on :552 on :502 on :552 on :60  |
| **Breaststroke***KickPullSwim* | 1506x501506x50  | 1004x501004x50  |
| **IM***Swim* Rotate the 50 (#1,50Fly; #2, 50 Back, etc.) | 4x125  | 4x125  |
| **Swim-down***Swim* Choice | 200  | 150  |

|  |  |  |
| --- | --- | --- |
| **Workout #6** | *3000* | *2000* |
| **Warm-up***Swim* Choice | 500  | 300  |
| **Freestyle***Swim* Pyramid | 2x50 on :452x100 on 1:302x150 on 2:152x200 on 3:002x150 on 2:152x100 on 1:302x50 on :45  | 2x50 on :602x100 on 2:02x150 on 3:01x200 on 4:02x150 on 3:02x100 on 2:02x50 on :60  |
| **Backstroke***Kick & Swim* 1 length kick no board 1 length swim | 300  | 200  |
| **IM***Swim* | 300  | 100  |
| **Swim-down***Pull* hypoxic | 300  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #7** | *3200* | *2400* |
| **Warm-up***Drill* Reverse IM | 400 (free, br., bk., fly)  | 200  |
| **Free***Swim* Ladder*Kick* | 1650 11 lengths, 10, 9,down to 1 (10 sec. rest between)250  | 1650 11 lengths, 10, 9,down to 1 (15 sec. rest between)150  |
| **IM***Drill* Loosen up*Swim* | 100 24x25 6 of each stroke  | 1008x25 2 of each stroke  |
| **Swim-down***Choice* | 200  | 100  |

*Some possible drills:****Fly*.** Kick, no board, arms at body's side. Think: kick head down, kick head up. Don't rush the kick. It begins at the chest and unfurls quite slowly with a snap of the ankles, like cracking a whip. If your timing is good on the whole stroke, this will be very easy. If it's difficult to do, probably your timing is off. Within a fraction of a second, the sequence of entry is head, hands, feet. The second kick is half way through the stroke.

***Back***. Swim with exaggerated roll and glide on your side, one arm outstretched and one at your side for about 6 to 9 kicks.

***Breast:*** Kick twice, pull once for a length; then kick once and pull twice. Swim using fly kick.

***Free***. One-arm, catch-up (hand touches outstretched hand before you pull), ripple (drag your fingers in the water, directly below your elbow, during recovery), hesitation (leave your hand out of the water behind you for a second before beginning recovery.

|  |  |  |
| --- | --- | --- |
| **Workout #8** | *3300* | *2200* |
| **Warm-up***Swim* Free*Drills* IM*Swim* Choice | 400200100  | 300200100  |
| **Freestyle***Swim*Rest 40 sec. between sets of 6x25; 30 secs.between 4x25 | 6x25 on :206x25 on :206x25 on :206x25 on :20  | 4x25 on :304x25 on :304x25 on :304x25 on :30  |
| **Backstroke***SwimKickDrillSwimPull* Easy | 2002001008x50 on :608x25 on :35100  | 1004x251004x50 on :754x25 on :45100  |
| **IM***Kick* (no back!)*PullSwim* | 300200100  | 150100100  |
| **Swim-down***Swim* Free: count strokes | 8x25  | 6x25  |

**A few words about counting strokes.** There are two ways of doing it.
One: maintain a reasonable time, no matter how few strokes.
Or Two: do absolutely anything, glide like mad, catch-up, whatever, and notice the time difference.

|  |  |  |
| --- | --- | --- |
| **Workout#9** | *3200* | *2300*  |
| **Warm-up** *Swim* Free | 300 3x100 20 sec. rest3x75 15 sec. rest3x50 10 sec. rest3x25 5 sec. rest | 300 3x100 25sec.rest3x75 20 sec. rest3x50 15sec.rest3x25 10sec.rests |
| **IM***Swim*Free Fly, FreeFree Back FreeFree Breast FreeFly Back Breast | |150150150150  | 75757575  |
| **Breaststroke***PullDrillsSwim* | 2002008x50 on :60  | 1501506x50 on :75  |
| **Freestyle***KickPull*  | 200, 8x25200 (DPS\*)  | 150 6x25100 (DPS\*)  |
| **Swim-down***Swim* Choice | 150  | 100  |

\*DPS: Distance per Stroke. Count strokes, concentrating on getting maximum
distance per stroke.

|  |  |  |
| --- | --- | --- |
| **Workout #10** | *3400* | *2100*  |
| **Warm-up**: Choice*Swim, Kick, Pull, Swim* | 4x150  | 4x100  |
| **Freestyle***Swim* | 8x125 on 1:45  | 8x75 on 1:45  |
| **Butterfly***SwimKick* (no board) front, back, sides*Swim* one-arm*Kick* (board) double kick\**Swim* | 4x50 (rest time=swim time)1002001008x25 on :45  | 2x50 (rest time=swim time)1002x1001004x25 on :60  |
| **IM***Swim, Kick, Pull, Drill* | 4x200  | 4x100  |
| **Swim-down***Swim* Breaststroke, count strokes | 200  | 100  |

\*double kick**:** One kick begins at chest; the second - a smaller kick - is just a hard flip of the ankles,
just as when swimming the whole stroke. Get some glide from the kick rather than just kicking frantically.

|  |  |  |
| --- | --- | --- |
| **Workout #11** | *3100too* | *2500*  |
| **Warm-up** Choice non-stop*SwimKick* (no board)*DrillsSwim* | 200100100100  | 200100100100  |
| **IM***Swim* | 25 easy, 75 mod., 25 hard1x Fly, Free, Fly1x Back, Free, Back1x Breast, Free, Breast1x Fly, Fly, Fly | 25 easy, 25 mod., 25 hard1x Fly, Free, Fly1x Back, Free, Back1x Breast, Free, Breast1x Fly, Fly, Fly |
| **Free + Choice***Swim* Free easyChoice *hard*Free easyChoice *harder*Free easyChoice *hardest*Free easyChoice *all-out* | 4004x1003004x752004x501004x25  | 1004x1001004x751004x501004x25  |
| **Swim-down***Swim* Catch-up\* Free | 200  | 100  |

\*Catch-up: One hand touches the other stretched out in front before the other begins to stroke.

|  |  |  |
| --- | --- | --- |
| **Workout #12** | *3200*  | *2000*  |
| **Warm-up***Swim* Free*Pull* IM*Kick* Choice | 300200100  | 200100100  |
| **Free***Swim* each effort 5 sec faster*Kick**Pull* very easy | 4x25016x2510 sec. rest100  | 4x2008x25 15 sec. rest100  |
| **IM***SwimKick* alternate lengths fly & br.*Swim* ALL OUT | 4x125#1: 100+25 Fly#2: 100+25Back#3: 100+25 Breast #4: 100+25 Free200200  | 4x75#1:Fly,Back,Breast#2:Back,Breast,Free#3:Breast,Free,Fly#4:Free,Fly,Back100100 |
| **Swim-Down***Swim* Choice | 200  | 100  |

|  |  |
| --- | --- |
| **Workout #13** | *3000* |
| Free *Swim*IM+ *Swim*Free *Swim Kick Pull*IM+ *Swim*Free *Pull*IM+ *Swim*Free *Swim + Kick*IM+ *Swim*  | 1x 2002x175 : 25 free, 75 fly back breast, 25 free3x1504x125 100IM+25 Stroke (#1 *fly,* #2 *back*, #3 *breast,* #4 *free*)5x1006x75 stroke free stroke 3 times, free stroke free 3 times7x50 swim, kick, swim, kick, swim, kick, swim8x25 #'s one, four, seven, stroke, the rest free  |

|  |  |  |
| --- | --- | --- |
| **Workout #14** | *3300*  | *2100*  |
| **Warm-up***Drills* Reverse IM | 300  | 200  |
| **Freestyle***SwimSwim KickSwim PullSwim* | 3006x50 on:45 or :50 3006x50 on:40 or :45 3006x50 on:35 or :40  | 2006x50 on :602006x50 on :552006x50 on :50  |
| **Breaststroke***Kick* | 200  | 200  |
| **IM***Swim* | 400  | 200  |
| **Choice***Swim* Walk-arounds(from a start, with turns) | 8x25  | 4x25  |
| **Swim-down***Choice* very long strokes | 200  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #15** | 3400 | 2500 |
| **Warm-up***Swim* | 400 | 300 |
| **Free + Choice***KickPullSwim* | 20012x25 10 sec. rest20012x50 rest as needed20012x75 rest as needed | 2008x25 15 sec. rest2008x50 on :75 or less2008x75 on :75 or less  |
| **IM***DrillsSwimKick* | 200100200 | 100100100 |
| **Swim-down***Drill free* skate completely on each side each stroke, hold it for several kicks | 200  | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #16** | *3200* | *2000* |
| **Warm-up:** **Choice***SwimKickPull* | 300200100  | 200100100  |
| **Fly + Free***SwimKick* Fly (no board,prone, sides, supine) | 4x100#1.Fly,Free, Free, Fly#2.Fly, Free, Fly, Free#3.fr, Fly, Free, Fly#4.fr, Fly, Fly, Free2x100  | 4x75#1.Fly,Free, Free, Fly#2.Fly, Free, Fly, Free#3.fr, Fly, Free, Fly#4.fr, Fly, Fly, Free100  |
| **Back***SwimKick* (no board)*Swim* | 200 8x25 10 sec. rest8x50 on :60  | 2004x25 15 sec. rest4x50 on :75  |
| **Breaststroke***Swim* alternate 1 lengthwith dolphin kick, 1 whip*Swim* | 200 8x25 on :40  | 1006x25 on :60  |
| **Freestyle***Swim* | 12x50 on :45  | 8x50 on :70  |
| **Swim-down***Choice* | 200  | 200  |

|  |  |  |
| --- | --- | --- |
| **Workout #17** | *3000* | *2000* |
| **Warm-up***Swim + Drills*Free + Choice | 400 100 swim100 catch-up100 one arm100 choice | 250 100 swim100 catch-up100 one-arm100 choice  |
| **IM***DrillsSwim*IMBack, Breast, FreeBreast, FreeFree*Kick* Fly, fr, bk, fr, Br, fr | 200300225150753x150 2nd 150 w/o board  | 1004x50150100502x150 2nd 150 w/o board |
| **Freestyle***Pull* easySwim | 2004x50 on :404x50 on :454x50 on :50200  | 1004x50 on :404x50 on :454x50 on :50100  |
| **Swim-down***Drill* Choice | 200  | 150  |

|  |  |  |
| --- | --- | --- |
| **Workout #18** | *3400* | *2300*  |
| **Warm-up***ChoiceFree drills* 1-arm, catch-up, kick (no board), fists, hesitate before recovery | 250250  | 150150  |
| **Freestyle***SwimKickPull* very easy | 8x125 on 1:30400100  | 8x75 on 1:30200100 |
| **IM***Swim* FlyFly, Bk; Bk, Br; Br, Fr; Fr, Fly;BackFly, Bk; Bk, Br; Br, Fr; Fr, Fly;BreastFly, Bk; Bk, Br; Br, Fr; Fr, Fly;FreeFly, Bk; Bk, Br; Br, Fr; Fr, Fly; | 1004x501004x501004x501004x50  | 1004x501004x501004x501004x50  |
| **Swim-down***Choice* | 100  | 100  |
| **Workout #19** | *3000* | *2100*  |
| **Warm-up***Swim* Choice*Drills* Back: dolphin kick to flags, 1 arm stroke kick on side, other arm etc. | 2002x100  | 2004x25  |
| **IM + Stroke***Swim* IMFreeIMBreastIMBackIMFly | 4004x1003004x752004x501004x25  | 1004x1001004x751004x501004x25  |
| **Choice***Kick* | 2008x25  | 2008x25  |
| **Swim-down***Free* Count strokes & reduce the number | 100  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #20** | *3200* | *2200*  |
| **Warm-up***Swim* Reverse IM*Pull* Free*Swim* IM | 200200100  | 100100100  |
| **Freestyle***Swim* each swim at least 5 seconds faster*Kick* | 4x25025010x25 on :30  | 4x2001506x25 on :45  |
| **Choice***Pull* easy | 200  | 100  |
| **IM***Swim* Fly, Back, Breast, Free. Rest at least 30 sec between groups of 4 | 8 times 4x2525's on :30  | 6 times 4x2525's on :40  |
| **Swim-down***Breaststroke* minimum number of strokes | 200  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #21** | *3200* | *2400* |
| **Warm-up:** non-stop*Swim* Free*Drills* IM*Kick* IM (no board)*Swim* Choice | 200100100 100 | 200 100 100100 |
| **Free** *Swim* | 4x50 on :45 3x100 on 1:302x150 on 2:151x200 on 3" 2x150 on 2:153x100 on 1:304x50 on :45 2x50 on 1"  | 2x50 on :602x100 on 2"2x150 on 3"1x2002x150 on 3"2x100 on 2"2x50 on :60  |
| **IM***Kick Swim* | 2004x125 (rotate the 50)  | 1004x75: #1, 50 Fly - 25 Back#2, 50 Back - 25 Breast#3, 50 Breast - 25 Free#4, 50 Free - 25 Fly |
| **Swim-down***Pull* Choice | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #22** | *3000* | *2100* |
| **Warm-up: Free**Swim #1 at 800 paceeach 200 5 sec. faster than last one | 5x200  | 4x200  |
| **Butterfly** Kick (no board) all sides Drill 1 armPull 1 length Fly, 1Free,etc | 200 2002x100  | 1001002x50  |
| **Backstroke**Kick & Swim alternate lengths (no board) | 200  | 200  |
| **Breaststroke**Pull Drill 1pull, 2 kick; 2 pull, 1 kick; one pull, one dolphin kick | 200 200  | 100100  |
| **Freestyle** Drills 1-arm, ripple, catch-up, hesitation | 200  | 200  |
| **IM** Swim | 400  | 200 (rest as needed)  |
| **Swim-down**Choice | 100  | 100  |
| **Workout #23** | 3300 | 2000  |
| **Warm-up:** Choice*Swim & Drills* | 400 | 400  |
| **Freestyle***Swim Kick* | 15x50: 5 on :40, 5 on: 35,5 on:45300:12x25: 6 on :25, 6 on :35 | 9x50: 3 on :55, 3 on :50,3 on :60200:8x25: 4 on :30, 4 on : |
| **IM***Swim* | 175: 50 Fly, 100 Back, 25 Fly175: 50 Back, 100 Breast, 25 Back175: 50 Breast, 100 Free, 25 Breast3x125: same order, 25, 75, 253x75: same order 25, 25, 25 | 100: 25 Fly, 50 Back, 25 Fly100: 25 Back, 50 Breast, 25 Back100: 25 Breast, 50 Free, 25 Breast3x75: same order, 25, 25, 253x25: 25 each, choice |
| **Swim-down***Drills Choice* | 150 | 125 |

|  |  |  |
| --- | --- | --- |
| **Workout #24** | 3000 | 2000 |
| **Warm-up: Free***Swim* | 500 | 300 |
| **IM + Freestyle***Swim KickSwim* | 4x50: one of each stroke3x100: Fl/Bk, Bk/Br, Br/Fr2x150: Fl/Bk/Br, Bk/Br/Fr1x200: usual IM 300: Free12x25**:** Fl, Bk, Br, 4 of each100: easy IM or Free | 4x25: one of each stroke3x50: Fl/Bk, Bk/Br, Br/Fr2x75: Fl/Bk/Br, Bk/Br/Fr100: IM200: Free12x25: 4 of each100: easy IM or Free  |
| **Choice***Pull* | 4x200 Build-ups | 4x200 increase speed during each 200 |
| **Swim-down: Breast***Drills* e.g.,1 pull, 2 kicks; 2 pull,1 kick; 1 pull, 1 fly kick | 200 | 200 |

|  |  |  |
| --- | --- | --- |
| **Workout #25** | 3000 | 2000 |
| **Warm-up**Swim Choice | 300 | 300 |
| **Free**Swim time trial5 seconds slower | 100 5x100 on 1:30 5x100 on 1:45 | 100 |
| **Butterfly**Drills 1 arm, kick with arms behind you, etc.Swim | 2004x25 on :404x25 on :45 | 2004x25 on :60 |
| **Backstroke**Drills 1 stroke, kick on side,other arm kick etcSwim | 2008x25 on :35  | 2004x25 on :45  |
| **Breaststroke**Drills 1 stroke, 2 kicks; 2 strokes,1 kick; fly kickSwim | 2008x25 on :40 | 1504x25 on :45 |
| **Freestyle**Drills 1 arm, catch-up, etc. Swim | 2008x25 on :30 | 1504x25 on :45 |
| **Warm-down**Pull Choice | 200 | 100 |
| **Workout #26** | 3000 | 2000 |
| **Warm-up:** FreeDrills one-arm, ripple, catch-up, Tarzan, choice | 400 | 400 |
| **Freestyle +IM** Swim | 200 1st 50 fly, rest free200 2nd 50 back, rest free200 3rd 50 breast, rest free200 IM | 100 1st 25 fly, rest free100 2nd 25 back, rest free100 3rd 25 breast, rest free100 IM |
| **Choice** all the same stroke | 10x75 1st 5, rest 10 sec.2nd 5, rest 15 sec. | 10x50 1st 5, rest 15 sec.2nd 5, rest 20 sec. |
| **Free** Pull 1 length normal breathing1 length minimal breathing, etc.Swim all-out | 5002x50  | 4002x50  |
| **Swim-down**: Freecount strokes | 250 | 200 |

|  |  |  |
| --- | --- | --- |
| **Workout #27** | 3000 | 2000 |
| **Warm-up**Swim ChoiceDrill Breast with one fly kickSwim normal BreaststrokeKick IM (no board) | 300150100100 | 200 100 50 100 |
| **Freestyle**Swim | 6x50 on :454x100 on 1:302x200 on 3:004x100 on 1:306x50 on : 45 | 2x50 on :602x100 on 2"2x150 on 3"1x200 on 4''2x150 on 3"2x100 on 2"2x50 on :60  |
| **IM**Swim | 4x125 rotate the 50 | 4x75 Fly, Back, BreastBack, Breast, FreeBreast, Free, FlyFree, Fly, Back  |
| **Swim-down**Pull Choice | 100 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #28** | *3000* | *2000* |
| **Warm-up** Reverse IMDrill or Swim | 400 | 200 |
| **Freestyle**Swim descend 5 sec. per swim | 4x250 on 4 minutes  | 4x200  |
| **Backstroke**Drill Swim | 1502008x25 on :30 | 1001006x25 on :45 |
| **Freestyle** Kick | 300 | 300 |
| **IM** PullSwimKick no board | 300200100 | 2x100100100 |
| **Swim-down** FreeSwim | 150 | 150 |

|  |  |  |
| --- | --- | --- |
| **Workout #29** | *3200* | *2200* |
| **Warm-up**: ChoiceDrill Kick no boardPull | 300200100 | 200100100  |
| **Freestyle**Swim timedrest 1" between setstime and compare to 1st | 2004times (4x50 on :40)200  | 2002times (4x50 on :60)200  |
| **Breaststroke**KickDrill with one dolphin kickSwim with dolphin movement | 2002008x50 on :50  | 2002006x50 on :70  |
| **IM** Swim | 4x125 100IM+25 stroke  | 4x100  |
| **Swim-down** Swim Choice (count strokes) | 100  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #30** | *3200* | *2400* |
| **Warm-up**Drills reverse IM | 400  | 150  |
| **Freestyle**Swim 1 length easy, 1 hard;2 lengths easy, 2 lengths hard; 3,3;4,4;5,5;4,4;3,3;2,2;1,1KickPull loosen up | 1250 500150  | 1250 300100  |
| **IM** Swim Fly, Back, Breast, FreeBack, Breast, Free, FlyBreast, Free, Fly, BackFree, Fly, Back, Breast | 200200200200  | 100100100100  |
| **Swim-down**Drill Free | 200  | 200  |

|  |  |  |
| --- | --- | --- |
| **Workout #31** | *3000* | *2500* |
| **Warm-up:** ChoiceSwim and Drills | 400  | 200  |
| **Freestyle + Choice** Swim Free1st ChoiceFree2nd ChoiceFree3rd ChoiceFreethe stroke you really hateKickFree (silent underwater kick)Choice | 4004x1003004x752004x501004x252008x50  | 4004x1003004x752004x501004x251004x25  |
| **Swim-down**Pull Choice | 200  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #32** | *3500* | *2100* |
| **Warm-up**Swim Choice | 500 | 300 |
| **Freestyle**SwimPull hypoxic 1/4 or 1/5Kick  | 10x50 on :4510x100 on1:301x500 10x25 on :30250 250 10x25 on :35 | 6x50 on :606x100 on1:301x300 6x25 on :401x150 1x150 6x25 on :45 |
| **Swim-down**Pull Choice | 100 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #33** | *3500* | *2000*  |
| **Warm-up**Drills Choice | 400  | 200  |
| **IM + Freestyle**Swim #1 slow#2 fast#3 moderate | 3x300 100 IM+200 Free3x250 100 Fly+150 Free3x200 100 Back+100 Free3x150 100 Breast+50 Free3x100 All Free | 3x200 100 IM+100 Free3x150 75 Breast+75Free3x100 50 Back+50 Free3x75 25 Fly+50 Free3x50 All Free |
| **Swim-down**Kick Choice (no board) | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #34** | *3300* | *2000* |
| **Warm-up**Drills IM | 300 | 200 |
| **Freestyle**Swim | 20x50 5 on :505 on :455 on :405 on :60 | 12x50 4 on :604 on :554on :70 |
| **Choice** Kick | 500 | 400  |
| **IM** Swim mixed orderPull | 3003x100 continuous | 2002x100 continuous  |
| **Worst Stroke** Swim rest as needed | 12x25 attention to technique | 8x25 attention to technique  |
| **IM** Swim | 100  | 100  |
| **Swim-down** Pull choice | 100  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #35** | *3000* | *2200* |
| **Warm-up**Kick IM (no board) | 400 | 200 |
| **Butterfly+** Swim | 4x100 any three lengths fly | 4x100 any one length fly |
| **Backstroke** Drill Swim | 1004x75  | 1004x50  |
| **Breaststroke**Swim with 1 dolphin kicknormal kick | 1006x50  | 1004x50  |
| **Freestyle** Drill catch-upSwimKick silentnormal | 10012x25 on :20. Rest after 62008x25 :10 rest  | 1008x25 on :30. Rest after 41008x25 :15 rest  |
| **IM**DrillSwim | 300200 | 200100 |
| **Swim-down**Swim Free:Count strokes | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #36** | *3200* | *2100* |
| **Warm-up**Drills IM | 400 | 300 |
| **IM** Swim easyKick no boardSwim | 300200100 | 100200100 |
| **Freestyle** Swim easy straight swimsfast broken swims  | 4004x100 on 1:303004x75 on :752004x50 on :501004x25 on :30 | 3004x75 on 2"2004x50 on :701004x25 on :45  |
| **Swim-down** Pull choice | 200 | 200 |

|  |  |  |
| --- | --- | --- |
| **Workout #37** | *3200* | *2000* |
| **Warm-up**Swim Free | 300 | 200  |
| **IM** Swim easyKick no boardSwim | 300200100 | 100200100  |
| **IM + Stroke**Swim IMFlyKick Fly: on front, back, sidesSwim IMBackKick Back: on back and sidesSwim IMBreastKick Breast: touch heelsSwim IMFreeKick Free: silent underwater | 4004x501003006x50 on :601002008x50 on :6010010010x50 on :50100  | 1004x501001004x50 on :75 (or one-arm fly)1001004x50 on :751001004x50 on :60100  |
| **Swim down** Swim Free: hypo breathe 1/5 | 200 | 200  |

|  |  |  |
| --- | --- | --- |
| **Workout #38** | *3400* | *2300* |
| **Warm-up**Drills Free | |200  | 200  |
| **Choice** (not Free)Swim, Kick, Pull, Swim | 4x200  | 4x100  |
| **Free**Swim pyramidKick Free  | 4x50 on :453x100 on 1:302x150 on 2:151x200 on 3: 2x150 on 2:153x100 on 1:304x50 on :45400  | 4x50 on :603x100 on 2:002x150 on 3:1x200 on 4: 2x150 on 3:003x100 on 2:004x50 on :60400  |
| **Swim-down**Swim Choice | 200  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #39** | *3100* | *2200* |
| **Warm-up**Swim Free: normalfast rpmmax dist. per strokebest | 100100100100 | 1005050100 |
| **IM**Swim | 4x250 rotate the 100 | 4x125 rotate the 50 |
| **Breast-stroke**Swim  | 200 single fly kick every other length8x25 on :35  | 100 single fly kick every other length8x25 on :45  |
| **Freestyle** Pull Kick | 8x100 15 sec. rests8x25 10 sec. rests | 8x100 20 sec. rests8x25 15 sec. rests |
| **Choice**Swim time trial | 100 | 50  |
| **Swim-down**Drill choice | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #40** | *3000* | *2350* |
| **Warm-up**Swim non-stop: FreeBreastBackFly | 20015010050 | 100755025 |
| **IM**Swim | |4x250 rotate the 100 | 4x125rotate the 50 |
| **Stroke + Free**Swim | 300 100 Fly, 200 Free300 100 Back, 200 Free300 100 Breast, 200 Free | 200 50 Fly, 150 Free200 50 Back, 150 Free200 50 Breast, 150 Free  |
| **IM**Swim long rests between the sets of 25's. | 4(4x25) 5 sec. rest between 25's | 4(4x25) 10 sec. rest between 25's |
| **Free** Kick | 200 | 200 |
| **IM**Kick rests as above | 4(4x25) | 4(4x25) |
| **Swim-down**Pull Free, hypoxic. Breathe 1st length 1/3; 2nd, 1/5; 3rd,1/7 | 8x75 | 4x75 |
| **Workout #41** | *3400* | *2500* |
| **Warm-up**Swim ChoicePull FreeKick FreeSwim IM | 500400300200 | 400300200100 |
| **Your Choice** Odd #'s**\*My Choice** Even #'s | 20x50 10 sec. rest between 50's | 20x50 15sec. rest between 50's |
| **IM**Drills KickPullSwim | 2002002002x100 continuous  | 100100100100 |
| **Swim-Down\*\***Drills Free | 200 | 200 |

|  |  |
| --- | --- |
| **\*Choices** | **\*\*Freestyle Drills** |
| Free kick-head up, return swim head upFree - underwater recoveryBreast with free kickDouble arm back with flutter kickOne-arm free, breathe non-stroking sideFly kick on each sideBreast with one fly kick - exaggerate motionFree one stroke - kick on side, other sideBreast, scull with straight armsSit up in water feet first- scull!  | One armCatch-up: one hand touches the other up front before the other begins pull.Hesitation: one arm hangs out the back a sec before recovering.Drag or ripple: fingers drag through the water directly under high elbow during recovery.Underwater recovery: just what it says.Exaggerated roll: stay on side, but facing forward for several kicks. |
| **Workout #42** | *3400* | *2400* |
| **Warm-up***Swim, Kick, Drill* 50 of each | 3x150 rest :15 between 150's | 2x150 rest :20 between 150's |
| **Free***Swim* | 4002x200: 20 sec. rest4x100: 15 sec. rest8x50: 10sec. rest16x25: 5 sec. rest | 300 2x150: 20 sec. rest4x75: 15 sec. rest6x50: 10sec. rest12x25: 5 sec. rest |
| **Choice** no Free*PullKick**Swim* 15 sec. interval | 3002006x25 (no board)  | 2002004x25  |
| **Swim-down** *Drills* reverse IM | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #43** | *3400* | *2200* |
| **Warm-up***Swim* Choice | 300 | 200 |
| **IM***Swim* IMFlyIMBackIMBreastIMFree | 250 with 100 Fly8x50 30 second rests250 with 100 Back6x75 25 second rests250 with 100 Breast4x100 20 second rests250 with 100 Free2x200 15 second rests | 125 with 50 Fly8x25 30 second rests125 with 50 Back6x50 30 second rests125 with 50 Breast4x75 30 second rests125 with 50 Free2x100 30 second rests |
| **Fly***Kick*  | 2008x25 on :30  | 2004x25 :15 rest  |
| **Swim-down***Pull* Choice | 100  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #44** | *3600* | *2450* |
| **Warm-up***Swim* Choice*KickPullSwim*  | 400300200100  | 10010010050  |
| **Free***Swim* 1st Comfortable2nd 3 seconds faster3rd 3 seconds faster4th 3 seconds faster5th 3 seconds fasterRest 10 seconds betweenRest one minute after | 5 x 1005 x 1005 x 1005 x 1005 x 100 | (Only 2 seconds faster)5 x 1005 x 1005 x 1005 x 1005 x 100 |
| **Swim-down***Kick* IM no board | 100 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #45** | *3000* | *2000* |
| **Warm-up**Swim Free ladder11 lengths, 10,9, etc. down to 1Kick ChoiceDrills IM  | 1650 10 second rests350400  | 1650 20 second rests150200  |
| **Relays IMFree**  | 200 200  | 200200 |
| **Swim-down** Kick Choice (no board) | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #46** | *3300* | *2300* |
| **Warm-up:** FreeSwim normaldistance per strokefast turnoveroptimal | 200200200100 | 200100100100  |
| **Mixed Bag**Swim odds Freeevens ChoiceKick ChoiceFree | 16x50 very short rests3006x50 on :60 | 12x50 very short rests2006x25 :10 rest  |
| **IM**Pull any order Drills any orderKick no boardSwim usual IM order | 400300200100  | 200200200100  |
| **Swim-down:** BreastSwim exaggerated glide | 200 | 150 |

|  |  |  |
| --- | --- | --- |
| **Workout #47** | *3300* | *2100* |
| **Warm-up: Free**SwimKickPullSwim | 400300200100 | 300200100100 |
| **IM**Swim FlyFly, Back: Bk, Br: Br, Fr.Kick Fly (no board)Swim BackBack, Br; Br, Fr; Fr ,FlyKick Back (no board)Swim BreastBreast, Fr; Fr, Fly; Fl, BkKick Breast (no board)Swim FreeFree,Fly; Fl,Bk; Bk,BrKick Free (no board) | 1003x100 :20 rests1001003x100 :20 rests1001003x100 :20 rests1001003x100 :20 rests100 | 503x50 :30 rests100503x50 :30 rests100503x50 :30 rests100503x50 :30 rests100 |
| **Choice** All-out, with startSwim | 2x50 | 2x50 |
| **Swim-down** BreastSwim long long long glide | 200 | 100 |

|  |  |  |
| --- | --- | --- |
| **Workout #48** | *3400* | *2400* |
| **Warm-up***Drill* reverse IM | 200 | 100 |
| **Free+Choice***Swim* Free: count strokesChoice: (not free, all same)Free: one fewer strokes2nd Choice: (not free)Free: again one fewer strokes3rd Choice: (note free)*Kick*FreeChoice  | 8008x1004008x502008x251008x25  | 6006x1003006x501006x251006x25  |
| **Swim-down***Drill* Choice | 100  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #49** | *3000* | *2100* |
| **Warm-up**Swim Freedescend 5 sec per swim | 4x300 | 4x200  |
| **Free** Pull easySwimPull easySwimPull easySwimPull easySwim | 1004x25 on :151004x25 on :151004x25 on :15100100 all out | 1004x25 on :251004x25 on :301004x25 on :35100100 all out  |
| **IM**DrillsKickSwim | 2002004x100 continuous (no rest) | 1001002x100 continuous (no rest)  |
| **Swim-down**Free hesitate before recovery | 200  | 100  |

|  |  |  |
| --- | --- | --- |
| **Workout #50** | *3100* | *2400* |
| **Warm-up**Choice | 400  | 300  |
| **Freestyle**Swim | 20x50 4 on 504 on 454 on 404 on 454 on 50 | 15x50 3 on 603 on 553 on 503 on 553 on 60 |
| **Choice**Kick | 400 | 300 |
| **IM**Swim any orderPull continuous | 3003x100  | 3003x100  |
| **Worst stroke**Swim rest as needed | 12x25 | 10x25 |
| **IM** Swim hard | 200  | 100  |
| **Swim-down**Choice Pull | 200 | 100  |