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| **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* | 200 200 2x100 | 200 100 2x50 |
| Backstroke *Drill* Delay pull, kick on side *Swim* | 200 100 | 100 100 |
| 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* | 8x75 200 | 4x75 200 |
| Swim down *Drill* free catch-up | 200 | 100 |

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| **Workout #2** | *3200* | *2000* |
| **Warm-up** *Drills Choice* | 400 | 300 |
| **Freestyle** *Swim*  ("on" means starting every forty seconds)  *Kick* | 4x50 on :40 4x50 on :50 4x50 on :60  200 8x25 on:40 | 4x50 on :55 4x50 on :65 4x50 on :75  200 4x25 15 sec. rest |
| **IM** *Swim* *Fly + Back Fly + Breast Fly + Free IM* | 50+150 50+150 50+150 200 | 25+75 25+75 25+75 100 |
| **Choice** *Pull* least favorite stroke *Pull* favorite stroke *Swim* timed | 4x100 4x50 2x100 | 4x50 4x25 2x50 |

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| **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 free 100: 75 free, 25 Fly | 50: 25 Fly, 25 free 50: free, Fly 50: Fly, free 50: free, Fly |
| **Back + Breast** *Swim*  work turns hard | 2x150: 100 back, 50 breast 2x150: 50 back, 100 breast | 2x100: 75 back, 25 breast 2x100: 25 back, 75 breast |
| **Free** *Kick Swim* | 8x50 on :60 8x75+25: moderate 75,  10 sec rest, then hard 25 | 6x50 on :75 4x75+25: moderate 75, 10 sec rest, then hard 25 |
| **Swim-down** *Pull* free | 300 | 200 |

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| **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) 400 4x100 300 6x75 200 8x50 100 10x25 | (:20 rests) 400 4x100 300 4x75 200 4x50 100 4x25 |
| **IM** *Swim* | 200 | 100 |
| **Swim-down** *Swim* Choice | 200 | 100 |

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| **Workout #5** | *3100* | *2200* |
| **Warm-up**: Choice *Swim Kick Pull* | 250 250 250 | 150 150 150 |
| **Freestyle** *Swim* | 15x50 3 on :50 3 on :45 3 on :40 3 on :45 3 on :50 | 10x50 2 on :60 2 on :55 2 on :50 2 on :55 2 on :60 |
| **Breaststroke** *Kick Pull Swim* | 150 6x50 150 6x50 | 100 4x50 100 4x50 |
| **IM** *Swim* Rotate the 50 (#1,50Fly; #2, 50 Back, etc.) | 4x125 | 4x125 |
| **Swim-down** *Swim* Choice | 200 | 150 |

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| **Workout #6** | *3000* | *2000* |
| **Warm-up** *Swim* Choice | 500 | 300 |
| **Freestyle** *Swim* Pyramid | 2x50 on :45 2x100 on 1:30 2x150 on 2:15 2x200 on 3:00 2x150 on 2:15 2x100 on 1:30 2x50 on :45 | 2x50 on :60 2x100 on 2:0 2x150 on 3:0 1x200 on 4:0 2x150 on 3:0 2x100 on 2:0 2x50 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 |

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| **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 | 100 8x25  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.

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| **Workout #8** | *3300* | *2200* |
| **Warm-up** *Swim* Free *Drills* IM *Swim* Choice | 400 200 100 | 300 200 100 |
| **Freestyle** *Swim* Rest 40 sec. between sets of 6x25;  30 secs.between 4x25 | 6x25 on :20 6x25 on :20 6x25 on :20 6x25 on :20 | 4x25 on :30 4x25 on :30 4x25 on :30 4x25 on :30 |
| **Backstroke** *Swim Kick Drill Swim  Pull* Easy | 200 200 100 8x50 on :60 8x25 on :35 100 | 100 4x25 100 4x50 on :75 4x25 on :45 100 |
| **IM** *Kick* (no back!) *Pull Swim* | 300 200 100 | 150 100 100 |
| **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.

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| **Workout#9** | *3200* | *2300* |
| **Warm-up** *Swim* Free | 300  3x100 20 sec. rest 3x75 15 sec. rest 3x50 10 sec. rest 3x25 5 sec. rest | 300  3x100 25sec.rest 3x75 20 sec. rest 3x50 15sec.rest 3x25 10sec.rests |
| **IM** *Swim* Free Fly, Free Free Back Free Free Breast Free Fly Back Breast | | 150 150 150 150 | 75 75 75 75 |
| **Breaststroke** *Pull Drills Swim* | 200 200 8x50 on :60 | 150 150 6x50 on :75 |
| **Freestyle** *Kick Pull* | 200, 8x25 200 (DPS\*) | 150 6x25 100 (DPS\*) |
| **Swim-down** *Swim* Choice | 150 | 100 |

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

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| **Workout #10** | *3400* | *2100* |
| **Warm-up**: Choice *Swim, Kick, Pull, Swim* | 4x150 | 4x100 |
| **Freestyle** *Swim* | 8x125 on 1:45 | 8x75 on 1:45 |
| **Butterfly** *Swim Kick* (no board) front, back, sides *Swim* one-arm *Kick* (board) double kick\* *Swim* | 4x50 (rest time=swim time) 100 200 100 8x25 on :45 | 2x50 (rest time=swim time) 100 2x100 100 4x25 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.

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| **Workout #11** | *3100too* | *2500* |
| **Warm-up** Choice non-stop *Swim Kick* (no board) *Drills Swim* | 200 100 100 100 | 200 100 100 100 |
| **IM** *Swim* | 25 easy, 75 mod., 25 hard  1x Fly, Free, Fly  1x Back, Free, Back  1x Breast, Free, Breast  1x Fly, Fly, Fly | 25 easy, 25 mod., 25 hard  1x Fly, Free, Fly  1x Back, Free, Back  1x Breast, Free, Breast  1x Fly, Fly, Fly |
| **Free + Choice** *Swim*  Free easy Choice *hard* Free easy Choice *harder* Free easy Choice *hardest* Free easy Choice *all-out* | 400 4x100 300 4x75 200 4x50 100 4x25 | 100 4x100 100 4x75 100 4x50 100 4x25 |
| **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.

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| **Workout #12** | *3200* | *2000* |
| **Warm-up** *Swim* Free *Pull* IM *Kick* Choice | 300 200 100 | 200 100 100 |
| **Free** *Swim* each effort 5 sec faster *Kick* *Pull* very easy | 4x250 16x2510 sec. rest 100 | 4x200 8x25 15 sec. rest 100 |
| **IM** *Swim     Kick* alternate lengths fly & br. *Swim* ALL OUT | 4x125 #1: 100+25 Fly #2: 100+25Back #3: 100+25 Breast  #4: 100+25 Free 200 200 | 4x75 #1:Fly,Back,Breast #2:Back,Breast,Free #3:Breast,Free,Fly #4:Free,Fly,Back 100 100 |
| **Swim-Down** *Swim* Choice | 200 | 100 |

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| **Workout #13** | *3000* |
| Free *Swim*  IM+ *Swim*  Free *Swim Kick Pull* IM+ *Swim*   Free *Pull* IM+ *Swim*   Free *Swim + Kick*   IM+ *Swim* | 1x 200  2x175 : 25 free, 75 fly back breast, 25 free  3x150  4x125 100IM+25 Stroke  (#1 *fly,* #2 *back*, #3 *breast,* #4 *free*)  5x100  6x75 stroke free stroke 3 times, free stroke free 3 times  7x50 swim, kick, swim, kick, swim, kick, swim  8x25 #'s one, four, seven, stroke, the rest free |

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| **Workout #14** | *3300* | *2100* |
| **Warm-up** *Drills* Reverse IM | 300 | 200 |
| **Freestyle** *Swim Swim  Kick Swim  Pull Swim* | 300 6x50 on:45 or :50  300 6x50 on:40 or :45  300 6x50 on:35 or :40 | 200 6x50 on :60 200 6x50 on :55 200 6x50 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 |

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| **Workout #15** | 3400 | 2500 |
| **Warm-up** *Swim* | 400 | 300 |
| **Free + Choice** *Kick   Pull   Swim* | 200 12x25 10 sec. rest  200 12x50 rest as needed  200 12x75 rest as needed | 200 8x25 15 sec. rest  200 8x50 on :75 or less  200 8x75 on :75 or less |
| **IM** *Drills Swim Kick* | 200 100 200 | 100 100 100 |
| **Swim-down** *Drill free* skate completely on each side each stroke, hold it for several kicks | 200 | 100 |

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| **Workout #16** | *3200* | *2000* |
| **Warm-up:** **Choice** *Swim Kick Pull* | 300 200 100 | 200 100 100 |
| **Fly + Free** *Swim    Kick* 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, Free 2x100 | 4x75 #1.Fly,Free, Free, Fly #2.Fly, Free, Fly, Free #3.fr, Fly, Free, Fly #4.fr, Fly, Fly, Free 100 |
| **Back** *Swim Kick* (no board) *Swim* | 200  8x25 10 sec. rest 8x50 on :60 | 200 4x25 15 sec. rest 4x50 on :75 |
| **Breaststroke** *Swim* alternate 1 length with dolphin kick, 1 whip *Swim* | 200  8x25 on :40 | 100  6x25 on :60 |
| **Freestyle** *Swim* | 12x50 on :45 | 8x50 on :70 |
| **Swim-down** *Choice* | 200 | 200 |

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| **Workout #17** | *3000* | *2000* |
| **Warm-up** *Swim + Drills* Free + Choice | 400 100 swim 100 catch-up 100 one arm 100 choice | 250 100 swim 100 catch-up 100 one-arm 100 choice |
| **IM** *Drills Swim* IM Back, Breast, Free Breast, Free Free *Kick* Fly, fr, bk, fr, Br, fr | 200  300 225 150 75 3x150 2nd 150 w/o board | 100  4x50 150 100 50 2x150 2nd 150 w/o board |
| **Freestyle** *Pull* easy    Swim | 200 4x50 on :40 4x50 on :45 4x50 on :50 200 | 100 4x50 on :40 4x50 on :45 4x50 on :50 100 |
| **Swim-down** *Drill* Choice | 200 | 150 |

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| **Workout #18** | | *3400* | | *2300* |
| **Warm-up** *Choice Free drills* 1-arm, catch-up, kick (no board), fists, hesitate before recovery | | 250 250 | | 150 150 |
| **Freestyle** *Swim Kick Pull* very easy | | 8x125 on 1:30 400 100 | | 8x75 on 1:30 200 100 |
| **IM** *Swim*  Fly Fly, Bk; Bk, Br; Br, Fr; Fr, Fly;  Back Fly, Bk; Bk, Br; Br, Fr; Fr, Fly;  Breast Fly, Bk; Bk, Br; Br, Fr; Fr, Fly;  Free Fly, Bk; Bk, Br; Br, Fr; Fr, Fly; | | 100 4x50  100 4x50  100 4x50  100 4x50 | | 100 4x50  100 4x50  100 4x50  100 4x50 |
| **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. | 200 2x100 | | 200 4x25 | | |
| **IM + Stroke** *Swim*  IM Free IM Breast IM Back IM Fly | 400 4x100 300 4x75 200 4x50 100 4x25 | | 100 4x100 100 4x75 100 4x50 100 4x25 | | |
| **Choice** *Kick* | 200 8x25 | | 200 8x25 | | |
| **Swim-down** *Free* Count strokes & reduce the number | 100 | | 100 | | |

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| **Workout #20** | *3200* | *2200* |
| **Warm-up** *Swim* Reverse IM *Pull* Free *Swim* IM | 200 200 100 | 100 100 100 |
| **Freestyle** *Swim* each swim at least 5 seconds faster *Kick* | 4x250  250 10x25 on :30 | 4x200  150 6x25 on :45 |
| **Choice** *Pull* easy | 200 | 100 |
| **IM** *Swim* Fly, Back, Breast, Free. Rest at least 30 sec between groups of 4 | 8 times 4x25 25's on :30 | 6 times 4x25 25's on :40 |
| **Swim-down** *Breaststroke* minimum number of strokes | 200 | 100 |

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| **Workout #21** | *3200* | *2400* |
| **Warm-up:** non-stop *Swim* Free *Drills* IM *Kick* IM (no board) *Swim* Choice | 200 100 100  100 | 200  100  100 100 |
| **Free**  *Swim* | 4x50 on :45  3x100 on 1:30 2x150 on 2:15 1x200 on 3"  2x150 on 2:15 3x100 on 1:30 4x50 on :45  2x50 on 1" | 2x50 on :60 2x100 on 2" 2x150 on 3" 1x200 2x150 on 3" 2x100 on 2" 2x50 on :60 |
| **IM** *Kick  Swim* | 200 4x125 (rotate the 50) | 100 4x75: #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 |

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| **Workout #22** | *3000* | *2100* |
| **Warm-up: Free** Swim #1 at 800 pace each 200 5 sec. faster than last one | 5x200 | 4x200 |
| **Butterfly**  Kick (no board) all sides  Drill 1 arm Pull 1 length Fly, 1Free,etc | 200  200 2x100 | 100 100 2x50 |
| **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 | 100 100 |
| **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:45 300: 12x25: 6 on :25, 6 on :35 | 9x50: 3 on :55, 3 on :50,3 on :60 200: 8x25: 4 on :30, 4 on : |
| **IM** *Swim* | 175: 50 Fly, 100 Back, 25 Fly 175: 50 Back, 100 Breast, 25 Back 175: 50 Breast, 100 Free, 25 Breast 3x125: same order, 25, 75, 25 3x75: same order 25, 25, 25 | 100: 25 Fly, 50 Back, 25 Fly 100: 25 Back, 50 Breast, 25 Back 100: 25 Breast, 50 Free, 25 Breast 3x75: same order, 25, 25, 25 3x25: 25 each, choice |
| **Swim-down** *Drills Choice* | 150 | 125 |

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| **Workout #24** | 3000 | 2000 |
| **Warm-up: Free** *Swim* | 500 | 300 |
| **IM + Freestyle** *Swim      Kick   Swim* | 4x50: one of each stroke 3x100: Fl/Bk, Bk/Br, Br/Fr 2x150: Fl/Bk/Br, Bk/Br/Fr 1x200: usual IM   300: Free 12x25**:** Fl, Bk, Br, 4 of each  100: easy IM or Free | 4x25: one of each stroke 3x50: Fl/Bk, Bk/Br, Br/Fr 2x75: Fl/Bk/Br, Bk/Br/Fr 100: IM  200: Free 12x25: 4 of each  100: 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 |

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| **Workout #25** | 3000 | 2000 |
| **Warm-up** Swim Choice | 300 | 300 |
| **Free** Swim time trial 5 seconds slower | 100  5x100 on 1:30  5x100 on 1:45 | 100 |
| **Butterfly** Drills 1 arm, kick with arms behind you, etc. Swim | 200  4x25 on :40 4x25 on :45 | 200  4x25 on :60 |
| **Backstroke** Drills 1 stroke, kick on side,other arm kick etc Swim | 200  8x25 on :35 | 200  4x25 on :45 |
| **Breaststroke** Drills 1 stroke, 2 kicks;  2 strokes,1 kick; fly kick Swim | 200  8x25 on :40 | 150  4x25 on :45 |
| **Freestyle** Drills 1 arm, catch-up, etc.  Swim | 200 8x25 on :30 | 150 4x25 on :45 |
| **Warm-down** Pull Choice | 200 | 100 |
| **Workout #26** | 3000 | 2000 | |
| **Warm-up:** Free Drills one-arm, ripple, catch-up, Tarzan, choice | 400 | 400 | |
| **Freestyle +IM**  Swim | 200 1st 50 fly, rest free 200 2nd 50 back, rest free 200 3rd 50 breast, rest free 200 IM | 100 1st 25 fly, rest free 100 2nd 25 back, rest free 100 3rd 25 breast, rest free 100 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 breathing 1 length minimal breathing, etc. Swim all-out | 500  2x50 | 400  2x50 | |
| **Swim-down**: Free count strokes | 250 | 200 | |

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| **Workout #27** | 3000 | 2000 |
| **Warm-up** Swim Choice Drill Breast with one fly kick Swim normal Breaststroke Kick IM (no board) | 300 150 100 100 | 200  100  50  100 |
| **Freestyle** Swim | 6x50 on :45 4x100 on 1:30 2x200 on 3:00 4x100 on 1:30 6x50 on : 45 | 2x50 on :60 2x100 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, Breast Back, Breast, Free Breast, Free, Fly Free, Fly, Back |
| **Swim-down** Pull Choice | 100 | 100 |

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| **Workout #28** | *3000* | *2000* |
| **Warm-up** Reverse IM Drill or Swim | 400 | 200 |
| **Freestyle** Swim descend 5 sec. per swim | 4x250 on 4 minutes | 4x200 |
| **Backstroke** Drill  Swim | 150 200 8x25 on :30 | 100 100 6x25 on :45 |
| **Freestyle**  Kick | 300 | 300 |
| **IM** Pull Swim Kick no board | 300 200 100 | 2x100 100 100 |
| **Swim-down** Free Swim | 150 | 150 |

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| **Workout #29** | *3200* | *2200* |
| **Warm-up**: Choice Drill  Kick no board Pull | 300 200 100 | 200 100 100 |
| **Freestyle** Swim timed rest 1" between sets time and compare to 1st | 200 4times (4x50 on :40) 200 | 200 2times (4x50 on :60) 200 |
| **Breaststroke** Kick Drill with one dolphin kick Swim with dolphin movement | 200 200 8x50 on :50 | 200 200 6x50 on :70 |
| **IM** Swim | 4x125 100IM+25 stroke | 4x100 |
| **Swim-down**  Swim Choice (count strokes) | 100 | 100 |

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| **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;1,1 Kick Pull loosen up | 1250  500 150 | 1250  300 100 |
| **IM** Swim  Fly, Back, Breast, Free Back, Breast, Free, Fly Breast, Free, Fly, Back Free, Fly, Back, Breast | 200 200 200 200 | 100 100 100 100 |
| **Swim-down** Drill Free | 200 | 200 |

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| **Workout #31** | *3000* | *2500* |
| **Warm-up:** Choice Swim and Drills | 400 | 200 |
| **Freestyle + Choice**  Swim  Free 1st Choice Free 2nd Choice Free 3rd Choice Free the stroke you really hate Kick Free (silent underwater kick) Choice | 400 4x100 300 4x75 200 4x50 100 4x25  200 8x50 | 400 4x100 300 4x75 200 4x50 100 4x25  100 4x25 |
| **Swim-down** Pull Choice | 200 | 100 |

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| **Workout #32** | *3500* | *2100* |
| **Warm-up** Swim Choice | 500 | 300 |
| **Freestyle** Swim Pull hypoxic 1/4 or 1/5 Kick | 10x50 on :45 10x100 on1:30 1x500  10x25 on :30 250  250  10x25 on :35 | 6x50 on :60 6x100 on1:30 1x300  6x25 on :40 1x150  1x150  6x25 on :45 |
| **Swim-down** Pull Choice | 100 | 100 |

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| **Workout #33** | *3500* | *2000* |
| **Warm-up** Drills Choice | 400 | 200 |
| **IM + Freestyle**  Swim  #1 slow #2 fast #3 moderate | 3x300 100 IM+200 Free 3x250 100 Fly+150 Free 3x200 100 Back+100 Free 3x150 100 Breast+50 Free 3x100 All Free | 3x200 100 IM+100 Free 3x150 75 Breast+75Free 3x100 50 Back+50 Free 3x75 25 Fly+50 Free 3x50 All Free |
| **Swim-down** Kick Choice (no board) | 200 | 100 |

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| **Workout #34** | *3300* | *2000* |
| **Warm-up** Drills IM | 300 | 200 |
| **Freestyle** Swim | 20x50 5 on :50 5 on :45 5 on :40 5 on :60 | 12x50 4 on :60 4 on :55 4on :70 |
| **Choice** Kick | 500 | 400 |
| **IM**  Swim mixed order Pull | 300 3x100 continuous | 200 2x100 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 |

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| **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 | 100 4x75 | 100 4x50 |
| **Breaststroke** Swim with 1 dolphin kick normal kick | 100 6x50 | 100 4x50 |
| **Freestyle**  Drill catch-up Swim Kick silent normal | 100 12x25 on :20. Rest after 6 200 8x25 :10 rest | 100 8x25 on :30. Rest after 4 100 8x25 :15 rest |
| **IM** Drill Swim | 300 200 | 200 100 |
| **Swim-down** Swim Free:Count strokes | 200 | 100 |

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| **Workout #36** | *3200* | *2100* |
| **Warm-up** Drills IM | 400 | 300 |
| **IM**  Swim easy Kick no board Swim | 300 200 100 | 100 200 100 |
| **Freestyle** Swim easy straight swims fast broken swims | 400 4x100 on 1:30 300 4x75 on :75 200 4x50 on :50 100 4x25 on :30 | 300 4x75 on 2" 200 4x50 on :70 100 4x25 on :45 |
| **Swim-down**  Pull choice | 200 | 200 |

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| **Workout #37** | *3200* | *2000* |
| **Warm-up** Swim Free | 300 | 200 |
| **IM**  Swim easy Kick no board Swim | 300 200 100 | 100 200 100 |
| **IM + Stroke** Swim IM Fly Kick Fly: on front, back, sides  Swim IM Back Kick Back: on back and sides  Swim IM Breast Kick Breast: touch heels  Swim IM Free Kick Free: silent underwater | 400 4x50 100  300 6x50 on :60 100  200 8x50 on :60 100  100 10x50 on :50 100 | 100 4x50 100  100 4x50 on :75 (or one-arm fly) 100  100 4x50 on :75 100  100 4x50 on :60 100 |
| **Swim down**  Swim Free: hypo breathe 1/5 | 200 | 200 |

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| **Workout #38** | *3400* | *2300* |
| **Warm-up** Drills Free | |200 | 200 |
| **Choice** (not Free) Swim, Kick, Pull, Swim | 4x200 | 4x100 |
| **Free** Swim pyramid  Kick Free | 4x50 on :45 3x100 on 1:30 2x150 on 2:15 1x200 on 3:  2x150 on 2:15 3x100 on 1:30 4x50 on :45  400 | 4x50 on :60 3x100 on 2:00 2x150 on 3: 1x200 on 4:  2x150 on 3:00 3x100 on 2:00 4x50 on :60  400 |
| **Swim-down** Swim Choice | 200 | 100 |

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| **Workout #39** | *3100* | *2200* |
| **Warm-up** Swim Free: normal fast rpm max dist. per stroke best | 100 100 100 100 | 100 50 50 100 |
| **IM** Swim | 4x250 rotate the 100 | 4x125 rotate the 50 |
| **Breast-stroke** Swim | 200 single fly kick every other length 8x25 on :35 | 100 single fly kick every other length 8x25 on :45 |
| **Freestyle**  Pull  Kick | 8x100 15 sec. rests 8x25 10 sec. rests | 8x100 20 sec. rests 8x25 15 sec. rests |
| **Choice** Swim time trial | 100 | 50 |
| **Swim-down** Drill choice | 200 | 100 |

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| **Workout #40** | | *3000* | | *2350* | |
| **Warm-up** Swim non-stop: Free Breast Back Fly | | 200 150 100 50 | | 100 75 50 25 | |
| **IM** Swim | | | 4x250 rotate the 100 | | 4x125rotate the 50 | |
| **Stroke + Free** Swim | | 300 100 Fly, 200 Free 300 100 Back, 200 Free 300 100 Breast, 200 Free | | 200 50 Fly, 150 Free 200 50 Back, 150 Free 200 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 Choice Pull Free Kick Free Swim IM | 500 400 300 200 | | 400 300 200 100 | |
| **Your Choice** Odd #'s **\*My Choice** Even #'s | 20x50  10 sec. rest between 50's | | 20x50  15sec. rest between 50's | |
| **IM** Drills  Kick Pull Swim | 200 200 200 2x100 continuous | | 100 100 100 100 | |
| **Swim-Down \*\***Drills Free | 200 | | 200 | |

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| **\*Choices** | | **\*\*Freestyle Drills** | |
| Free kick-head up, return swim head up Free - underwater recovery Breast with free kick Double arm back with flutter kick One-arm free, breathe non-stroking side Fly kick on each side Breast with one fly kick - exaggerate motion Free one stroke - kick on side, other side Breast, scull with straight arms Sit up in water feet first- scull! | | One arm Catch-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* | 400 2x200: 20 sec. rest 4x100: 15 sec. rest 8x50: 10sec. rest 16x25: 5 sec. rest | | 300  2x150: 20 sec. rest 4x75: 15 sec. rest 6x50: 10sec. rest 12x25: 5 sec. rest |
| **Choice** no Free *Pull Kick* *Swim* 15 sec. interval | 300 200 6x25 (no board) | | 200 200 4x25 |
| **Swim-down**  *Drills* reverse IM | 200 | | 100 |

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| **Workout #43** | *3400* | *2200* |
| **Warm-up** *Swim* Choice | 300 | 200 |
| **IM** *Swim* IM Fly IM Back IM Breast IM Free | 250 with 100 Fly 8x50 30 second rests 250 with 100 Back 6x75 25 second rests 250 with 100 Breast 4x100 20 second rests 250 with 100 Free 2x200 15 second rests | 125 with 50 Fly 8x25 30 second rests 125 with 50 Back 6x50 30 second rests 125 with 50 Breast 4x75 30 second rests 125 with 50 Free 2x100 30 second rests |
| **Fly** *Kick* | 200 8x25 on :30 | 200 4x25 :15 rest |
| **Swim-down** *Pull* Choice | 100 | 100 |

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| **Workout #44** | *3600* | *2450* |
| **Warm-up** *Swim* Choice *Kick Pull Swim* | 400 300 200 100 | 100 100 100 50 |
| **Free** *Swim*  1st Comfortable 2nd 3 seconds faster 3rd 3 seconds faster 4th 3 seconds faster 5th 3 seconds faster Rest 10 seconds between Rest one minute after | 5 x 100  5 x 100  5 x 100  5 x 100  5 x 100 | (Only 2 seconds faster) 5 x 100  5 x 100  5 x 100  5 x 100  5 x 100 |
| **Swim-down** *Kick* IM no board | 100 | 100 |

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| **Workout #45** | *3000* | *2000* |
| **Warm-up** Swim Free ladder 11 lengths, 10,9, etc. down to 1  Kick Choice Drills IM | 1650 10 second rests  350 400 | 1650 20 second rests  150 200 |
| **Relays IM Free** | 200  200 | 200  200 |
| **Swim-down** Kick Choice (no board) | 200 | 100 |

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| **Workout #46** | *3300* | *2300* |
| **Warm-up:** Free Swim normal distance per stroke fast turnover optimal | 200 200 200 100 | 200 100 100 100 |
| **Mixed Bag** Swim odds Free evens Choice Kick Choice Free | 16x50 very short rests  300 6x50 on :60 | 12x50 very short rests  200 6x25 :10 rest |
| **IM** Pull any order  Drills any order Kick no board Swim usual IM order | 400 300 200 100 | 200 200 200 100 |
| **Swim-down:** Breast Swim exaggerated glide | 200 | 150 |

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| **Workout #47** | *3300* | *2100* |
| **Warm-up: Free** Swim Kick Pull Swim | 400 300 200 100 | 300 200 100 100 |
| **IM** Swim Fly Fly, Back: Bk, Br: Br, Fr.  Kick Fly (no board)  Swim Back Back, Br; Br, Fr; Fr ,Fly  Kick Back (no board)  Swim Breast Breast, Fr; Fr, Fly; Fl, Bk  Kick Breast (no board)  Swim Free Free,Fly; Fl,Bk; Bk,Br  Kick Free (no board) | 100 3x100 :20 rests  100  100 3x100 :20 rests  100  100 3x100 :20 rests  100  100 3x100 :20 rests  100 | 50 3x50 :30 rests  100  50 3x50 :30 rests  100  50 3x50 :30 rests  100  50 3x50 :30 rests  100 |
| **Choice** All-out, with start Swim | 2x50 | 2x50 |
| **Swim-down** Breast Swim long long long glide | 200 | 100 |

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| **Workout #48** | *3400* | *2400* |
| **Warm-up** *Drill* reverse IM | 200 | 100 |
| **Free+Choice** *Swim*  Free: count strokes Choice: (not free, all same) Free: one fewer strokes 2nd Choice: (not free) Free: again one fewer strokes 3rd Choice: (note free) *Kick* Free Choice | 800 8x100 400 8x50 200 8x25  100 8x25 | 600 6x100 300 6x50 100 6x25  100 6x25 |
| **Swim-down** *Drill* Choice | 100 | 100 |

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| **Workout #49** | *3000* | *2100* |
| **Warm-up** Swim Free descend 5 sec per swim | 4x300 | 4x200 |
| **Free**  Pull easy Swim Pull easy Swim Pull easy Swim Pull easy Swim | 100 4x25 on :15 100 4x25 on :15 100 4x25 on :15 100 100 all out | 100 4x25 on :25 100 4x25 on :30 100 4x25 on :35 100 100 all out |
| **IM** Drills Kick Swim | 200 200 4x100 continuous (no rest) | 100 100 2x100 continuous (no rest) |
| **Swim-down** Free hesitate before recovery | 200 | 100 |

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| **Workout #50** | *3100* | *2400* |
| **Warm-up** Choice | 400 | 300 |
| **Freestyle** Swim | 20x50 4 on 50 4 on 45 4 on 40 4 on 45 4 on 50 | 15x50 3 on 60 3 on 55 3 on 50 3 on 55 3 on 60 |
| **Choice** Kick | 400 | 300 |
| **IM** Swim any order Pull continuous | 300 3x100 | 300 3x100 |
| **Worst stroke** Swim rest as needed | 12x25 | 10x25 |
| **IM** Swim hard | 200 | 100 |
| **Swim-down** Choice Pull | 200 | 100 |