

Advanced Workouts

Workout #1

Warm-Up:

300 Swim
200 Kick
100 IM
200 (50 sidekick 6's, 50 fingertip drag, 50 TAFSAP, 50 stroke)

Main Set: :30 rest between each

1x400 every 4th length fast
1x300 every 3rd length fast
1x200 every 2nd length fast
1x100 FAST

(2xthrough) 2x50's kick on 1:30
200 pull on 4:00

Cool Down:

100 ez

Total distance: 2500 yards

Workout #2

Warm-Up:

500 swim
400 pull
300 kick
200 drill
100 stroke :30 rest

Main Set:

50 fast :15 rest
50 easy :30 rest
2x 50's fast :15 rest
50 easy :30 rest
3x50's fast
50 easy
4x50's fast
50 easy

3x100 IM (fly, back, breast, free) with good strokes, concentrating on technique, NOT speed :30 rest

Advanced Workouts

Cool Down:

100 free

Total distance: 2600 yards

Workout #3

Warm Up:

300 swim

200 kick

100 IM

200 pull

500 breathing every 3, 5, 7, 5, 3 by 100

Main Set:

4x100's on 2:00

3:100's on 1:50

2x100's on 1:40

1x100 on 1:30

1x200 pull long and stretched out

1x200 backstroke long and stretched out

1x200 kick

Cool Down:

100 easy

Total distance: 3000 yards