Intermediate Workouts

Workout # 1

Warm Up:
- 200 Choice :30 rest
- 150 Pull
- 150 Kick
- 150 Swim

Main Set:
- 3x 100's :30 rest
- 50 easy taking as few strokes as possible…stretch out, good form

- 3x 50's on 1:15
- 100 easy taking as few strokes as possible, stretch out, good form

- 3x 25's on :50
- 75 easy taking as few strokes as possible, stretch out, good form

Cool Down Set:
- 4x 50's kick on 2:00

Cool Down:
- 100 easy

Total distance: 1700 yards

Workout # 2

Warm Up:
- 200 choice
- 2x 150's (50 kick, 50 pull, 50 swim) on :30 rest

Main Set:
- 6x 50's back on 1:30
- 100 free easy, long strokes, as few as possible

- 4x 50s' back on 1:30
- 100 free easy, long strokes, as few as possible

- 2x 50's back on 1:30

Cool Down:
- 200 easy

Total distance: 1500 yards

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Intermediate Workouts

Workout #3

Warm Up:
100 free
50 free take as few strokes as possible (TAFSAP)
50 free, good form (high elbows, reach through stroke)
50 fingertip drag
50 free good form
50 side kick 6's
50 free good form
**** DO THESE SLOWLY, SPEED DOES NOT MATTER. FORM DOES!!!!!!!****

Main Set: (3x through)
25 side kick 6's :15 rest
25 fingertip drag
25 TAFSAP (take as few strokes as possible)
25 free GOOD FORM
50 BULID to FAST 1:00 rest

4x100's kick on :30 rest alternating 25 fast / 25 easy within the 100

4x 25's FAST :30 rest

Cool Down:
100 easy
Total distance: 1450 yards

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