

SWIM // 3000 // 2500 // 2000 MINI SPRINTS // 60 Minutes

WORKOUT SETS

GROUP A = 3000

GROUP B = 2500

GROUP C = 2000



WARM UP	800			600			500		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	300	300	1	150	150	1	100	100
Reach Drill	3	50	150	3	50	150	3	50	150
Fist Drill	4	50	200	3	50	150	3	50	150
Tarzan Drill	3	50	150	3	50	150	2	50	100
MAIN SET	1700			1600			1300		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle 50 hard effort // swim time + rest = 2 min, next 50	4	50	200	4	50	200	4	50	200
Freestyle 25 all out // swim time + rest time = 1:30, then next 25	2	25	50	2	25	50	2	25	50
Freestyle 50 hard effort // swim time + rest = 2 min, next 50	3	50	150	3	50	150	3	50	150
Freestyle 25 all out // swim time + rest time = 1:30, then next 25	2	25	50	2	25	50	2	25	50
Freestyle 50 hard effort // swim time + rest = 2 min, next 50	2	50	100	2	50	100	2	50	100
Freestyle 25 all out // swim time + rest time = 1:30, then next 25	4	25	100	4	25	100	4	25	100
Freestyle 50 hard effort // swim time + rest = 2 min, next 50	1	50	50	1	50	50	1	50	50
Freestyle 25 all out // swim time + rest time = 1:30, then next 25	4	25	100	4	25	100	4	25	100
Kick + Flippers	1	150	150	1	150	150	1	100	100
Freestyle + Paddles + Bouy	1	300	300	1	250	250	1	100	100
Kick + Flippers	1	150	150	1	150	150	1	100	100
Freestyle + Bouy	1	300	300	1	250	250	1	200	200
COOL DOWN	500			300			200		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	2	250	500	2	150	300	2	100	200