


**2020 SWIM STRENGTH 4000-3500-3000 STROKE MIX UP**

<b>WORKOUT SETS</b>	<b>GROUP A = 4000</b>			<b>GROUP B = 3500</b>			<b>GROUP C = 3000</b>		
<b>WARM UP</b>	<b>800</b>			<b>650</b>			<b>450</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
 Freestyle	2	150	300	2	150	300	2	100	200
Kick + Fins // 25 freestyle kick // 25 dolphin kick	3	50	150	2	50	100	2	50	100
Freestyle	1	200	200	1	150	150	1	100	100
Kick + Fins // 25 freestyle kick // 25 dolphin kick	3	50	150	2	50	100	1	50	50
<b>MAIN SET</b>	<b>2900</b>			<b>2550</b>			<b>2350</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle + Fins // swim with no kick // long reaching strokes - glide on lead hand as long as possible // focus on arm + elbow + hand placement in entire stroke // 1minR	4	100	400	4	100	400	4	100	400
Freestyle // reach hand holds kickboard, grab board with opposite hand and start pull // 1minR	4	50	200	4	50	200	4	50	200
<b>REST 2 MIN</b>									
Fly // 30sR	6	25	150	6	25	150	6	25	150
Backstroke // 30sR	6	50	300	6	50	300	6	50	300
free easy // 30sR	2	100	200	2	100	200	2	100	200
60sR									
Pull // paddles + buoys // 1minR	2	250	500	2	200	400	2	150	300
Fly // 15sR	10	25	250	8	25	200	8	25	200
Backstroke // 15sR	6	50	300	4	50	200	4	50	200
free easy // 30sR	2	100	200	2	100	200	2	100	200
60sR									
Pull // paddles + buoys // 1minR	2	200	400	2	150	300	2	100	200
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<b>COOL DOWN</b>	<b>300</b>			<b>300</b>			<b>200</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	300	300	1	200	200