



**2020 SWIM DRILLS 4000-3500-3000 GRINCH DRILLS**

*Workout description video --> [WATCH HERE](#)*

<b>WORKOUT SETS</b>	<b>GROUP A = 4000</b>			<b>GROUP B = 3500</b>			<b>GROUP C = 3000</b>		
<b>WARM UP</b>	<b>750</b>			<b>650</b>			<b>650</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
 Freestyle	1	200	200	1	150	150	1	150	150
Kick + Fins // 25 freestyle kick // 25 dolphin kick	4	50	200	4	50	200	4	50	200
Freestyle 50 hard 15sR	4	50	200	4	50	200	4	50	200
Freestyle	1	150	150	1	100	100	1	100	100
<b>PRE SET</b>	<b>900</b>			<b>900</b>			<b>600</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Alternate fin/paddle drill // paddle on left hand only, fin on right foot only // swim freestyle // 30sR	2	150	300	2	150	300	2	100	200
Alternate fin/paddle drill // paddle on right hand only, fin on left foot only // swim freestyle // 30sR	2	150	300	2	150	300	2	100	200
Reverse paddle drill // freestyle with paddles facing backwards and hold edge // 30sR	2	150	300	2	150	300	2	100	200
<b>REST 2 MIN // MAIN SET</b>	<b>2050</b>			<b>1700</b>			<b>1550</b>		
Head lead drill with fins // arms at side, kick to propel and rotate for breathing // 45sR	2	50	100	2	50	100	2	50	100
Freestyle + Fins // 15sR	1	150	150	1	100	100	1	50	50
Drill // 1 arm - left 50, right 50 // 30sR	2	100	200	2	100	200	2	100	200
Freestyle // 15sR	1	150	150	1	100	100	1	50	50
 Catch Drill No Toys	2	200	400	2	200	400	2	200	400
Freestyle // 15sR	1	150	150	1	100	100	1	50	50
Catch Drill + Kickboard	2	200	400	2	200	400	2	200	400
Freestyle // 15sR	1	150	150	1	50	50	1	50	50
Tarzan Drill // Swim Freestyle with head above water looking forward entire length of pool // 30sR	2	100	200	2	100	200	2	100	200
Freestyle // 15sR	1	150	150	1	50	50	1	50	50
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<b>COOL DOWN</b>	<b>300</b>			<b>250</b>			<b>200</b>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	250	250	1	200	200