



**2020 SWIM SPEED 4000-3500-3000 DRILLS+SPEED+WALLUPS 4k MAX**

*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>600</b>			<b>550</b>			<b>500</b>		
		Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	Freestyle	1	200	200	1	150	150	1	100	100
	Kick + Fins // 25 freestyle kick // 25 dolphin kick	2	50	100	2	50	100	2	50	100
	Freestyle Repeats // Hard Effort // 15sR	4	50	200	4	50	200	4	50	200
	Freestyle	1	100	100	1	100	100	1	100	100
<b>PRE SET</b>		<b>400</b>			<b>350</b>			<b>350</b>		
		Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Reach Drill // On each stroke reach as far as possible and exaggerate stroke reach // 30sR		4	50	200	4	50	200	4	50	200
Finger Tip Drag // On each stroke drag fingertips across water on recovery stroke // 30sR		4	50	200	3	50	150	3	50	150
<b>REST 2 MIN // MAIN SET</b>		<b>2700</b>			<b>2350</b>			<b>1950</b>		
	Freestyle + Buoy // Easy Effort // 30sR	2	300	600	2	300	600	2	300	600
	20 Wall Ups // 60sR	1	0	0	1	0	0	1	0	0
	Freestyle + Buoy // Medium Effort // 30sR	3	250	750	3	250	750	2	250	500
	15 Wall Ups // 60sR	1	0	0	1	0	0	1	0	0
	Freestyle + Buoy // Hard Effort // 30sR	3	200	600	2	200	400	2	200	400
	10 Wall Ups // 60sR	1	0	0	1	0	0	1	0	0
	Freestyle // Easy Effort // 30sR	3	150	450	2	150	300	1	150	150
	Freestyle + Buoy + Paddles // 50 medium - 50 hard - 50 easy // 60sR	2	150	300	2	150	300	2	150	300
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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