

SWIM // 3000 // 2500 // 2000 // DRILLS + AEROBIC

WORKOUT SETS

GROUP A = 3000

GROUP B = 2500

GROUP C = 2000



	WARM UP			600			500			500		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Freestyle	1	200	200	1	200	200	1	200	200	1	200	200
Kick	1	100	100	1	100	100	1	100	100	1	100	100
Freestyle	1	200	200	1	100	100	1	100	100	1	100	100
Kick	1	100	100	1	100	100	1	100	100	1	100	100
	MAIN SET			2100			1700			1300		
One Arm Stroke - other arm at side and stays for 25 length // 25 left + 25 right // rest 30 seconds between 50's	4	50	200	4	50	200	4	50	200	4	50	200
Kickboard	1	50	50	1	50	50	1	50	50	1	50	50
Tarzan Drill // Swim Freestyle with head above water looking forward entire length of pool // rest 30 sec between sets	4	50	200	4	50	200	3	50	150	3	50	150
Kickboard	1	50	50	1	50	50	1	50	50	1	50	50
Head Lead Drill // Both hands at sides - use kicking to keep going - turn head to get air // 1 set = 50 // rest 30 seconds between 50's	3	50	150	4	50	200	3	50	150	3	50	150
Kickboard	1	50	50	1	50	50	1	50	50	1	50	50
Freestyle // Buoy + Paddles // Ladder - Breathe normal stroke count, add stroke between breathes - ladder up then down per 50 // rest 1 min between sets	2	450	900	1	450	450	2	250	500	2	250	500
REST 2 MIN	1	0	0	1	0	0	1	0	0	1	0	0
Freestyle // Buoy + Paddles // Ladder - Breathe normal stroke count, add stroke between breathes - ladder up then down per 50 // rest 1 min between sets	2	250	500	2	250	500	1	150	150	1	150	150
REST 2 MIN	1	0	0	1	0	0	1	0	0	1	0	0
	COOL DOWN			300			300			200		
Easy Freestyle or Choice	1	300	300	1	300	300	1	200	200	1	200	200