

SWIM // 3000 // 2500 // 2000 // DRILLS + SPEED + VOLUME

WORKOUT SETS

GROUP A = 3000

GROUP B = 2500

GROUP C = 2000



	<u>WARM UP</u>			<u>600</u>			<u>500</u>			<u>500</u>		
	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	2	100	200	1	100	100	1	100	100	1	100	100
Kick	1	100	100	1	100	100	1	100	100	1	100	100
	<u>MAIN SET</u>			<u>2100</u>			<u>1800</u>			<u>1300</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Reach Drill // On each stroke reach as far as possible and exaggerate stroke reach // rest 30 seconds between each 100	4	50	200	4	50	200	3	50	150			
Kick Drill	2	50	100	2	50	100	1	50	50			
Tarzan Drill // Swim Freestyle with head above water looking forward entire length of pool	2	50	100	2	50	100	2	50	100			
Kick Drill	2	50	100	2	50	100	1	50	50			
Freestyle + Paddles + Buoy // Medium Effort // 30 seconds rest between sets	2	300	600	1	400	400	1	400	400			
Kick	1	50	50	2	50	100	1	50	50			
Freestyle + Paddles + Buoy // Hard Effort // 1 min rest between sets	3	200	600	2	200	400	1	300	300			
Kick	1	50	50	2	50	100	1	50	50			
Freestyle	2	100	200	2	100	200	1	100	100			
Kick	2	50	100	2	50	100	1	50	50			
	<u>COOL DOWN</u>			<u>300</u>			<u>200</u>			<u>200</u>		
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice	1	300	300	1	200	200	1	200	200			