

SWIM // 3000 // 2500 // 2000 // DRILLS + LONG SETS

WORKOUT SETS

GROUP A = 3000

GROUP B = 2500

GROUP C = 2000



WARM UP										
800										
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	
Freestyle	2	200	400	1	200	200	1	200	200	
Kick	1	100	100	1	100	100	1	100	100	
Freestyle	2	100	200	1	100	100	1	100	100	
Kick	1	100	100	1	100	100	1	100	100	
MAIN SET										
1900										
	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	2	50	100	2	50	100	1	50	50	
Kick Drill	1	50	50	1	50	50	1	50	50	
Tarzan Drill // Swim Freestyle with head above water looking forward entire length of pool	2	50	100	2	50	100	1	50	50	
Kick Drill	1	50	50	1	50	50	1	50	50	
Freestyle // 2:00 min rest between sets	1	800	800	1	700	700	1	550	550	
Kick	1	50	50	1	50	50	1	50	50	
Freestyle // 2:00 min rest between sets	1	500	500	1	500	500	1	300	300	
Kick	1	50	50	1	50	50	1	50	50	
Freestyle // 2:00 min rest between sets	1	150	150	1	150	150	1	100	100	
Kick	1	50	50	1	50	50	1	50	50	
COOL DOWN										
300										
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	
Easy Freestyle or Choice	1	300	300	1	200	200	1	200	200	