


**SWIM // 3000 // 2500 // 2000 // DRILLS + SPEED + WALLUPS**

**WORKOUT SETS** **GROUP A = 3000**   **GROUP B = 2500**   **GROUP C = 2000**

<b>WARM UP</b>		<b>600</b>			<b>500</b>			<b>500</b>		
		Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
	Freestyle	1	200	200	1	200	200	1	200	200
	Kick	1	100	100	1	100	100	1	100	100
	Freestyle	1	200	200	1	100	100	1	100	100
	Kick	1	100	100	1	100	100	1	100	100
<b>MAIN SET</b>		<b>2100</b>			<b>1700</b>			<b>1300</b>		
		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 50		6	50	300	4	50	200	4	50	200
Finger Tip Drag // On each stroke drag fingertips across water on recovery stroke // rest 30 seconds between each 50		6	50	300	4	50	200	3	50	150
Freestyle + Buoy // Easy Effort // 30 seconds rest between sets		1	300	300	1	250	250	1	200	200
20 Wall Ups // Rest 1 min		1	0	0	1	0	0	1	0	0
Freestyle + Buoy // Medium Effort // 30 seconds rest between sets		1	300	300	1	250	250	1	200	200
15 Wall Ups // Rest 1 min		1	0	0	1	0	0	1	0	0
Freestyle + Buoy // Hard Effort // 30 seconds rest between sets		1	300	300	1	250	250	1	200	200
10 Wall Ups // Rest 1 min		1	0	0	1	0	0	1	0	0
Freestyle // Easy Effort // 30 seconds rest between sets		1	300	300	1	250	250	1	200	200
Freestyle + Buoy + Paddles // 50 medium - 50 hard - 50 easy // 1 min rest between sets		2	150	300	2	150	300	1	150	150
<b>COOL DOWN</b>		<b>300</b>			<b>300</b>			<b>200</b>		
		Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
Easy Freestyle or Choice		1	300	300	1	300	300	1	200	200