

**SWIM // 4000 // 3500 // 3000 SHORTY AND ZIPPY**

**WORKOUT SETS**

**GROUP A = 4000**

**GROUP B = 3500**

**GROUP C = 3000**

**WARM UP**

**500**

**500**

**500**



**CHOICE**  
 Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick  
 50 fly // 50 back // 50 breast // 50 free  
 Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick

Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
1	100	100	1	100	100	1	100	100
2	50	100	2	50	100	2	50	100
1	200	200	1	200	200	1	200	200
2	50	100	2	50	100	2	50	100

**MAIN SET**

**3250**

**2800**

**2400**

100 on 1:30 / 1:45 / 2:00  
 Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick  
 100 + PADDLES + BUOY on 1:25 / 1:40 / 1:55  
 Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick  
 75 on 1:15 / 1:30 / 1:45  
 Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick  
 75 + BUOY on 1:10 / 1:25 / 1:40  
 Kick - Fins + Board // 50 freestyle kick // 50 dolphin kick  
 CATCH DRILL (with or without kickboard)  
 50 on 50 / 1:05 / 1:20  
 25 on :30 / :45 / 1:00

Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
5	100	500	4	100	400	3	100	300
4	50	200	4	50	200	4	50	200
5	100	500	4	100	400	3	100	300
4	50	200	4	50	200	4	50	200
5	75	375	4	75	300	3	75	225
4	50	200	4	50	200	4	50	200
5	75	375	4	75	300	3	75	225
4	50	200	4	50	200	4	50	200
4	50	200	4	50	200	4	50	200
6	50	300	5	50	250	4	50	200
8	25	200	6	25	150	6	25	150

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**COOL DOWN**

**250**

**200**

**100**

Easy Freestyle or Choice

Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total
1	250	250	1	200	200	1	100	100