

SWIM // 3500 // 3000 // 2500 CLEAN ENTRY DRILL SETS

WORKOUT SETS										
GROUP A = 3500 GROUP B = 3000 GROUP C = 2500										
WARM UP										
600 500 500										
Sets Distance Total Sets Distance Total Sets Distance Total										
	Freestyle	1	200	200	1	150	150	1	150	150
	Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
	Freestyle	1	200	200	1	150	150	1	150	150
	Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
MAIN SET										
2700 2300 1800										
Sets Distance Total Sets Distance Total Sets Distance Total										
	SHOULDER TAP // 30 sec rest between sets	6	50	300	6	50	300	5	50	250
	Freestyle no toys	1	200	200	1	150	150	1	100	100
	6/1/6 DRILL - focus on stopping lead arm drop while breathing // 30 rest between sets	6	50	300	5	50	250	5	50	250
	Freestyle no toys	1	200	200	1	150	150	1	100	100
	BROKEN ARROW - focus on clean hand entry // 30 sec rest between sets	6	50	300	5	50	250	4	50	200
	Freestyle no toys	1	200	200	1	150	150	1	100	100
	SCULL - further back during pull phase // 30 sec rest between sets	6	50	300	5	50	250	4	50	200
	Kick + Fins // 50 freestyle kick // 50 dolphin kick	2	100	200	2	150	300	2	100	200
	Freestyle no toys	2	300	600	2	200	400	2	150	300
	Kick + Fins // 50 freestyle kick // 50 dolphin kick	1	100	100	1	100	100	1	100	100
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COOL DOWN										
200 200 200										
Sets Distance Total Sets Distance Total Sets Distance Total										
	Easy Freestyle or Choice	1	200	200	1	200	200	1	200	200