

SWIM // 3500 // 3000 // 2500 DUMBBELL DRILLS



WORKOUT SETS

GROUP A = 3500

GROUP B = 3000

GROUP C = 2500

EQUIPMENT NEEDED : [Kickboard](#) [Fins](#) [1 lb dumbbells](#)
[Paddles](#) [Buoy](#)

| | | WARM UP | | | 900 | | | 800 | | | 600 | | |
|--|---|------------------|----------|-------|-------------|----------|-------|-------------|----------|-------|-------------|----------|-------|
| | | Sets | Distance | Total | Sets | Distance | Total | Sets | Distance | Total | Sets | Distance | Total |
|  | Freestyle | 1 | 300 | 300 | 1 | 250 | 250 | 1 | 200 | 200 | | | |
| | Kick + Fins // 50 freestyle kick // 50 dolphin kick | 1 | 150 | 150 | 1 | 150 | 150 | 1 | 100 | 100 | | | |
| | Freestyle | 1 | 300 | 300 | 1 | 250 | 250 | 1 | 200 | 200 | | | |
| | Kick + Fins // 50 freestyle kick // 50 dolphin kick | 1 | 150 | 150 | 1 | 150 | 150 | 1 | 100 | 100 | | | |
| | | MAIN SET | | | 2100 | | | 1700 | | | 1500 | | |
| | | Sets | Distance | Total | Sets | Distance | Total | Sets | Distance | Total | Sets | Distance | Total |
| SHOULDER TAP // 30 sec rest between sets | | 5 | 50 | 250 | 4 | 50 | 200 | 4 | 50 | 200 | | | |
| Freestyle no toys | | 1 | 300 | 300 | 1 | 250 | 250 | 1 | 200 | 200 | | | |
| Reverse paddle drill // freestyle with paddles facing backwards and hold edge | | 5 | 50 | 250 | 4 | 50 | 200 | 4 | 50 | 200 | | | |
|  | Freestyle no toys | 1 | 300 | 300 | 1 | 250 | 250 | 1 | 200 | 200 | | | |
| | One arm drill with lead arm holding 1 lb dumbbell in front | 5 | 50 | 250 | 4 | 50 | 200 | 4 | 50 | 200 | | | |
| | Freestyle no toys | 1 | 300 | 300 | 1 | 250 | 250 | 1 | 200 | 200 | | | |
| | One arm drill with one arm holding 1 lb dumbbell against back | 5 | 50 | 250 | 4 | 50 | 200 | 4 | 50 | 200 | | | |
| Kick + Fins // 50 freestyle kick // 50 dolphin kick | | 1 | 200 | 200 | 1 | 150 | 150 | 1 | 100 | 100 | | | |
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| | | COOL DOWN | | | 500 | | | 500 | | | 400 | | |
| | | Sets | Distance | Total | Sets | Distance | Total | Sets | Distance | Total | Sets | Distance | Total |
| Easy Freestyle or Choice | | 2 | 250 | 500 | 2 | 250 | 500 | 2 | 200 | 400 | | | |