


SWIM : 3000 / 2500 / 2000 SPEED + DRILLS

WORKOUT SETS										
GROUP A = 3000 GROUP B = 2500 GROUP C = 2000										
WARM UP	600			600			300			
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	
	Freestyle	1	200	200	1	200	200	1	100	100
	Kick	1	100	100	1	100	100	1	50	50
	Freestyle	1	200	200	1	200	200	1	100	100
	Kick	1	100	100	1	100	100	1	50	50
MAIN SET	2100			1600			1500			
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	
One Arm Stroke - other arm at side and stays for 25 length // 25 left + 25 right // rest 30 seconds between 50's	4	50	200	4	50	200	4	50	200	
REST // 1:00			0			0			0	
Head Lead Drill // Both hands at sides - use kicking to keep going - turn head to get air // 1 set = 50 // rest 30 seconds between 50's	4	50	200	3	50	150	3	50	150	
REST // 1:00			0			0			0	
Reach Drill // On each stroke reach as far as possible and exaggerate stroke reach // rest 30 seconds between each 100	3	100	300	3	100	300	2	100	200	
REST // 1:00			0			0			0	
Kick	2	100	200	1	100	100	1	100	100	
Freestyle // Buoy + Paddles // 50 easy - 50 hard - 50 easy - 50 hard - 50 easy // rest 30 seconds between sets	2	250	500	1	250	250	1	250	250	
Rest // 1:00			0			0			0	
Freestyle all out effort // 1:00 rest between sets	2	100	200	2	100	200	2	100	200	
Rest // 1:00			0			0			0	
Kick	2	100	200	1	100	100	1	100	100	
Freestyle all out effort // 1:00 rest between sets	2	100	200	2	100	200	2	100	200	
Rest // 1:00			0			0			0	
Kick	1	100	100	1	100	100	1	100	100	
			0			0			0	
COOL DOWN	300			300			200			
	Sets	Distance	Total	Sets	Distance	Total	Sets	Distance	Total	
Easy Freestyle or Choice	1	300	300	1	300	300	1	200	200	