



BEGINNER WORKOUT:

200 swim
4 x 50 kick @ 10s rest

Drills

4 x 50 @ 10s rest
25 fingertip, 25 free
4 x 25 @ 10s rest
Breathe every 3rd stroke

Main Set

3 x 100 @ :20s Rest
Focus on form

2 x (4 x 25 free) @ 10s rest
1- easy
2 – moderate
3 – easy
4 – fast

Cool Down

200 swim

TOTAL:

1400 yards



INTERMEDIATE WORKOUT:

Warm Up

100 Swim

100 Pull

Drills

2 x (4 x 50) @ :10s rest

1-RT arm only

2-LT arm only

3-Finger tip

4-Catch up

Main Set

3 x 100 @ :15s rest

1 minute recovery

3 x 200 @ :20s rest

1 minute recovery

3 x 100 @ :15s rest

Cool Down

200 easy

TOTAL:

2000 yards



ADVANCED WORKOUT:

200 Free
100 Back
100 Breast

3 x 100 @ 1:40
3 x 100 @ 1:30

50 – Kick

3 x 200 @ 3:15
50 easy
3 x 200 @ 3:00
50 easy
3 x 200 @ 2:45
50 easy
50 Kick

1 x 400 @ 5:30
50 easy
1 x 400 @ 5:20

100 Easy
4000 Yards Total