

Workouts

WORKOUT #1

300 free-200 IM drill down/swim back-100 kick
8 x 75 odd free/even IM (25 fly/back/breast) @ 1:10/1:20
9x200 2 pull/1IM, 2free/1 stroke, 2 pull/1 IM
pull/free@2:45, stroke/IM @:10 seconds rest
6x50 kick 2 free/1stroke@1:00

WORKOUT #2

300 (75 free/25 stroke)- 200 pull- 100K
12 x 50 2 free @ :45, 1 stroke @ 1:00
16x100 4 pull @1:25, 4 alternate IM/stroke @1:40, 4 pull@ 1:25, 4 alternate IM/free
6x 50 kick 2 free/1 stroke @1:05
100 cool down

WORKOUT #3

200 Free-200IM drill-200Kick
8 x 75-2 each stroke-25 Kick/50swim@ 1:15
6 x 200 # 2/5 IM, the rest free @ 3:00(free)/3:30 (IM)
8 x 50 hard Kick @ 1:00
6 x 100 Pull @ 1:30
8 x 25 free sprint @:30
200 Cool Down
3200 yards

WORKOUT #4

300S-200P-100K
4 x 75 build by 25 @ 1:15
6 x 100 odd choice/even IM @ 1:45
4 x 150 Pull @ 2:15
6 x 50 Kick @ 1:00
5 x 100 free HARD @ 1:30
100 Cool Down
3000 Yards

WORKOUT #5

500 choice
6 x 50 build @:50
10 x 150 1,4,7-free
2,5,8-pull
3,6,9-stroke
10-All OUT FREE
6 x 50 Kick @ 1:00
8x 25 Sprint 2 each stroke, IM order @:30
200 Cool Down
3000 yard

Workouts

WORKOUT #6

300 swim-200pull-100K
8x 100 (50 drill-50swim), 2 of each stroke @ 2:00
9x 50 free (3 x easy-mod-hard) @:50
6 x 200 #1 free, #2 IM, #3pull, #4free, #5 IM, #6pull
8x 50 BIG KICK 50's-swim, but focus on having as big a kick as you can for the entire 50@1:00
4 x 25 underwater
200 Cool Down
3750 Yards

WORKOUT #7

200free-200pull-200kick
8x 50 @ :50
4 x 100 free pull @ 1:45
5 x 200 odd free/even stroke (may do IM), build by 50 @ 3:15
Easy 50
6 x 50 Kick @ 1:10
8 x 25 Sprint Choice @ :30
200 Cool Down
3150 yards

Remember, the time intervals are just a suggestion. Use the pace clock to set an interval for yourself that you can make all of the set on and get about 5-10 seconds rest between each one. You should be tired and not rest for 30 seconds between each 50, 100...