



Swim Workouts:

1300	Warmup: 200 easy, 4 x 50 drills (10") (400) Main Set: 2 rounds at Hard Effort (500) 25 (5"), 50 (5"), 75 (10"), 100 (15") Cool Down: 2 x 100 swim/kick, 200 easy / choice (400)
1400	Warmup: 200 easy, 4 x 50 drills as 25 drill, 25 free (400) Main Set: focus on long reach, smooth stroke at Steady Effort 300 (25"), 200 pull (20"), 100 (15") (600) Cool Down: 4 x 50 drills as 25 drill, 25 free (10"), 200 easy / choice (400)
1500	Warmup: 200 easy, 6 x 50 drills (10") (500) Main Set: 2 rounds at Hard Effort - 100 (15"), 150 (20") (500) Cool Down: 6 x 50 drills (10"), 200 easy / choice (500)
1500	Warmup: 200 easy, 6 x 50 as 25 drill / 25 swim (15") (500) Main Set: 10 x 50 (15") as 1 Steady, 1 form focus (500) Cool Down: 6 x 50 as 25 drill/ 25 swim (15"), 200 as 50 kick/50 swim (500)
2000	Warmup: 300 easy, 6 x 50 drills (10") (500) Main Set: 2 x 75 (10"), 2 x 125 (15"), 1 x 200 (20"), 2 x 125 (15"), 2 x 75 (10") (1000) all at Steady Effort Cool Down: 6 x 50 drills (10"), 200 easy (500)
2000	Warmup: 200 easy, 6 x 50 drills (10") (500) Main Set: 4 rounds at Steady/Hard Effort 100 (15"), 150 (20") (1000) Cool Down: 6 x 50 drills (10"), 200 easy / choice (500)
2500	Warmup: 300 easy, 6 x 50 drills (10") (600) Main Set: Maintain even pace - Steady/Hard Effort 4 x 100 (10"), 3 x 200 (15"), 4 x 100 (10") (1400) Cool Down: 2 x 100 kick/swim, 4 x 50 drill (10"), 100 easy / choice (500)
2500	Warmup: 300 easy, 4 x 50 drills as 25 drill, 25 free (500) Main Set: focus on long reach, smooth stroke at Steady Effort 500 optional (35"), 400 pull (30"), 300 (25"), 200 pull (20"), 100 (15") (1500) Cool Down: 6 x 50 drills as 25 drill, 25 free (10"), 200 easy / choice (500)
3000	Warmup: 200 easy, 6 x 50 drills (10") (500) Main Set: 4 x 75 (10"), 4 x 125 (15"), 2 x 200 (20"), 4 x 125 (15"), 4 x 75 (10") all at Steady Effort (2000) Cool Down: 6 x 50 drills (10"), 200 easy
3000	Warmup: 300 easy, 6 x 50 drills (10") (600) Main Set: 4 rounds at Steady/Hard Effort 100 (15"), 150 (20"), 200 (30") (1800) Cool Down: 2 x 100 kick/swim, 4 x 50 drill (10"), 200 easy / choice (600)