

WORKOUT July 9, 2011

Warm up - 50's

- 50yd Freestyle Swim (even pace), rest 0:15
Novice: 50 x 2 (100); Intermediate: 50 x 4 (200); Advanced: 50 x 6 (300)

Build up (repeat 8 times)

- 1 x 25yd Zipper, rest 0:10 / 25yd [Easy]

Freestyle drill to emphasize arm recovery. Adjust stroke recovery by grabbing an imaginary zipper between your thumb and forefinger and pull the zipper up your leg, hip and the side of your chest.

- 1 x 25yd Freestyle Push & Glide, rest 0:10 / 25yd [Easy]

Freestyle swim, pausing at the end of every stroke with arms out-stretched, one held out front, the other held loosely against the body.

Novice: 50 x 2 (100); Intermediate: 50 x 4 (200); Advanced: 50 x 6 (300)

Novice rest :20; Intermediate rest :15; Advanced rest :10

Core 25's and 100's

- 8 x 25yd Backstroke Swim (Kick every 4th 25yd), rest 0:15 / 25yd [Aerobic]

Backstroke swim for 75yd then kick with arms loosely by your side for 25yd.

Novice rest :30; Intermediate rest :15; advanced, rest :10

- 3 x 100yd Freestyle Bilateral Breathing, rest 0:30 / 100yd [Aerobic]

Freestyle swim with breathing on alternate sides, typically every 3 strokes.

Novice: one time (500); Intermediate: twice (1000); Advanced: 3 times (1500)

Novice rest :45; Intermediate rest :30; advanced, rest :20

Warm down

- 4 x 50yd Easy Any Stroke, rest 0:15 / 50yd [Easy]

Swim your choice of stroke, at a slow, relaxed pace.

Novice = 900; Intermediate = 1600; Advanced = 2300