

Workout July 15, 2011

Warm up -- 50's repeat --

200/300/400yds

- 2 x 50yd Freestyle Easy, rest 0:15 Freestyle swim at a slow, relaxed pace.
- 2 x 50yd Backstroke Easy, rest 0:15 Backstroke swim at a slow, relaxed pace. Concentrate on long slow strokes.

Build up -- 100's

200/400/600yds

- 100yd Freestyle/Backstroke Swim, rest 0:20 / 100yd Every half length, roll over to the opposite stroke and keep going
- 100yd Backstroke Swim, rest 0:20 / 100yd [Aerobic]

Core -- 100's

100/200/400

- 1/2/4 x 100yd Freestyle Swim, rest 0:20 / 100yd [Aerobic] odd = bilateral; even=regular
-- 50's

100/200/400

- 2/4/8 x 50yd Individual Medley, rest 0:15 / 50yd [Endurance]

Swim strokes in the following order: Butterfly, Backstroke, Breaststroke, Freestyle. You can split longer distances by pool length e.g. 4 x 100 can be split into two 4 x 50 sets. Beginners can split lengths e.g. swim 1/2 pool lengths of each stroke.

-- 50's

200/300/400

- 4/6/8 x 50yd Freestyle DPS, rest 0:15 / 50yd [Aerobic] -- odd ones, 6 strokes in middle sitting ahead. Even ones, Freestyle swim with maximum Distance Per Stroke (DPS). Concentrate on long, efficient strokes and a high streamlined body position to reduce drag in the water. Count your strokes per lap and try to reduce.

Warm down -- 100's

200

- 1 x 100yd Freestyle Push & Glide, rest 0:20 / 100yd
Freestyle swim, pausing at the end of every stroke with arms out-stretched, one held out front, the other held loosely against the body.
- 1 x 100yd Freestyle Easy, rest 0:20 / 100yd
Freestyle swim at a slow, relaxed pace.

TOTAL: Novice: 1000 Intermediate: 1700 Advanced: 2400