

Swim workout September 30th

Core review

200swim free

200kick

200pull

200 swim

Drill work:4-8x100's

50drill/50 swim

Catch-up

Fist

Sidekick

Count strokes

Kick 10mins as

45 sec hard/75sec easy

Relay

Pull set

200-600pull breathing drill

Cooldown

200-400easy mix

Swim workout September 21st

1250-2300

Warm-up

100mix/100free/100kick

Drills 4x100 as 50 drill/50 swim

Core work

Side kick

Dog paddle

sculling

1-2x

Kick 4-6x50 kick as 25 hard/25 easy

– 20 sec rest

Pyramid as

25/50/100/50/25 OR

50/100/200/100/50- with the last 50

to be the same time as the 1st 50 or

25 – all with 20 sec rest

Cool down as 200-400mix easy

Swim workout September 26th

Warm-up

100mix/100free/100kick/100mix

Drills 4x100 – as 50 drill/50 swim -
continuous

Side kick as –

left side

right side

alternate

sculling

Main set –

4-10x100's

Evens free –

Odds non-free or IM

On a send off with 20 sec rest

Cooldown

100kick/50 breast/50 back/100free

Swim workout September 28th

Warm-up

100mix/100free/100kick/100mix

Drills 4x75 – as 50 drill/25 swim -
continuous

Fist drill

Dog paddle – head down

Kick –

50strong/25easy/25strong/50 easy
x2

Main set –

2-4x300's

Best average

Cooldown

100kick/50 breast/50 back/100free

Swim workout September 30th

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Catch-up

Fist

Sidekick

Count strokes

Kick 10mins as

45 sec hard/75sec easy

Relay

Pull set

200-600pull breathing drill

Cooldown

200-400easy mix

Workout October 3rd

Warm-up

200swim choice

100kick

Drill work as 6x50

Fist drill – whole arm as the paddle

Dog paddle - length

Catch up – long but steady

4-8x25's FAST with at least 20 sec rest

Main set

3-5x200 – 2sec faster each one with at least 20 sec rest

Cooldown

100-200kick

100-200mix

STRETECH

Workout October 5th

A little bit of controlled speed☺

Warm-up

100choice/100kick/100pull 1-2x

Drill

3x50's – DRILL ONLY

Fist/dog paddle/catch-up repeat

Pull 200-400long and relaxed

Some speed.....

12x50's on 1:30

1-4 25hard/25nonfree

5-8 25hard free/25easy free

9-12 – 50 hard

Cool down

200kick 25strong/25easy

100nonfree easy

Workout October 7, 2007

Warm-up -

200Choice/200kick

200s-400s

Breast Stroke Pull

Fist

Single Arm/double Arm Backstroke

Catch-up

Single Arm-Fly(option to use fins)

Free Or IM

CoolDown –

200kick -

200-400choice

Workout October 10th

Warm-up

100swim/100pull/100kick 2-3x

Main set:

Drill:

- single arm 25left/25right/50full stroke x3
– continuous – rest 60 sec after the last
- Catch- up 50/full stroke 50 x3 –
continuous – rest 60 sec after the last
one

Pull 400 – breathing 3/5/7 by 50's – 60 sec
rest

Swim free 400– long and relaxed – bilateral
breathing – 60 sec rest

Cool down

200kick

200choice

Workout October 10th

Warm-up

100swim/100pull/100kick/100swim

Main set:

Drill:

- Single arm 25left/25right/50full stroke x3 – continuous – rest 60 sec after the last
- Catch- up 50/full stroke 50 x3 – continuous – rest 60 sec after the last one

Pull 300 – breathing 3/5/7 by 50's – 60 sec rest

Swim free 300– long and relaxed – bilateral breathing – 60 sec rest

Cool down

100kick

100choice

Workout October 10th

Warm-up

100swim/100pull/100kick/100swim

Main set:

Drill:

- Single arm 25left/25right/50full stroke x3 – continuous – rest 60 sec after the last
- Catch- up 50/full stroke 50 x3 – continuous – rest 60 sec after the last one

Pull 200 – breathing 3/5/7 by 50's – 60 sec rest

Swim free 200– long and relaxed – bilateral breathing – 60 sec rest

Cool down

100kick

100choice

Workout October 14th

2400

Warm-up

200choice

300drill by 50's – Repeat

- Fist
- Kick on side
- Breast stroke pull

200kick

4x50's with 20 sec rest as 25strong

25easy

Main Set

1000m straight as

200mod/200strong/100easyx2 - but this is continuous swimming - just some speedplay throughout a solid 1000

2x75 kick as 50mod/50strong/50 easy

20 sec rest

200pull relaxed and long cooldown

breathing drill

200 mix

Workout October 14th

4050

Warm-up

300choice

300drill by 50 drill/50swim – Repeat

- Fist
- Kick on side
- Breast stroke pull

300kick

8x50's with 20 sec rest as– IM spin

Fly–back/back-breast/breast-free/free-fly.....etc.....

Main Set

2000m straight as

200mod/200strong/100easyx4 - but this is continuous swimming - just some speedplay throughout a solid 2000

2x75 kick as 50mod/50strong/50 easy

20 sec rest

300pull relaxed and long cooldown

breathing drill

300 mix

Workout October 14th

3050

Warm-up

200choice

300drill by 50's – Repeat

- Fist
- Kick on side
- Breast stroke pull

200kick

6x50's with 20 sec rest as 25strong

25easy

Main Set

1500m straight as

200mod/200strong/100easyx3 - but this is continuous swimming - just some speedplay throughout a solid 1500

2x75 kick as 50mod/50strong/50 easy

20 sec rest

200pull relaxed and long cooldown

breathing drill

200 mix

Workout October 17th

1800/2100/2400

Warm-up

1-3x 100swim/100kick/100pull

Main set

16x75 with 20-45sec rest as

#1-4 fist drill 50/swim free 25

#5-8 50 breast stroke pull/25 pull free

#9-12 pull breathing drill – count your strokes

#13-16 free consistent

Cooldown

kick 100/choice 100/kick100

Workout October 19th 2000

Warm-up

200mix/200kick/100swim free

Main set

50 – free strong – on 65

50 – fingertip drag easy - :70

100 – free strong – 1:45

50 – fingertip drag easy - :70

150 – free strong – 2:30

50 – non free easy - :70

200 – IM – 4:15

50 – non free easy - :70

150 – free strong – 2:30

50 – pause drill - :70

100 – free strong – 1:45

50 – pause drill - :70

50 – free strong

Cooldown – 200kick/200mix

Workout October 19th

1750

Warm-up

200mix/200kick/100swim free

Main set

50 – free strong – on :70

50 – fingertip drag easy - :80

100 – free strong – 2:10

50 – fingertip drag easy - :80

150 – free strong – 3:00

50 – non free easy - :80

150 – free strong – 3:00

50 – pause drill - :80

100 – free strong – 2:10

50 – pause drill - :80

50 – free strong

Cooldown – 200kick/200mix

Workout October 19th

1550

Warm-up

200mix/200kick/100swim free

Main set

50 – free strong – on :80

50 – fingertip drag easy - :90

100 – free strong – 2:30

50 – fingertip drag easy - :90

150 – free strong – 3:30

50 – pause drill - :90

100 – free strong – 2:30

50 – pause drill - :90

50 – free strong

Cooldown – 200kick/200mix

Workout October 21st

Warm-up

200mix/100kick/100free :15 sec rest

Kick

4-6x100 as

25 hard/25 nonfree/50build free :30 sec rest

Drill

8x75's with :20 sec rest as

4x 75 50 fist swim/25free

4x75 50 breast stroke pull/25free

Main set

6-12x150 as with 20-40 sec rest

Group 1 4:00/Group 2 3:30/Group 3 3mins/Group 4
2:30

1 50 strong/50 easy/50build

2 50 fly/50 back/50 breast

3 best average

Pull set

200-600 breathing drill 3/5/7/9.....by 50's

Cooldown

200kick/100non-free/100easy free

Workout October 24th
1700

Warm-up

100 mix/200build free/100kick

Main set

400's

1st – 50fist/50free

2nd – free

200 pull breathing drill

200kick

100non-free

Workout October 24th
2000

Warm-up

100 mix/200build free/100kick

Main set 30-45sec rest

400's

1st – 50fist/50free

2nd – pull breathing 3/5/7.....

3rd free

200kick

100non-free

100free long and relaxed

Workout October 24th

2400

Warm-up

100 mix/200build free/100kick

Main set – 30-45sec rest

400's

1st – 50fist/50free

2nd – IM

3rd - pull breathing 3/5/7...

4th - free

200kick

100non-free

100free

Workout October 26th

1400-2000

Warm-up

100mix/100free/100kick/100mix

Drills 6x75 – as 50 drill/25 swim –
with 20 sec rest

3x Side kick – left side/right side

3x sculling

Main set –

4-10x100's

Odds 50 back/50breast

Evens free –

20-30 sec rest

Descend through the free 100's

Cooldown

100kick/50 breast/50 back/100free

Workout October 28th

4300

Warm-up

200free

100kick

100back

100breast stroke

100kick

200pull

16x25 as IM order with 20 sec rest unless specified send off is given

Main set – 45-60 sec rest unless specified send off is given

800

50 nonfree

2x400

50nonfree

8x100

Kick

4x75 as 25hard/25easy/25hard

200-300 mix cooldown

Workout October 28th

3450

Warm-up

200free

100kick

100back

100breast stroke

100kick

200pull

12x25 as IM order with 20 sec rest unless specified send off is given

Main set – 45-60 sec rest unless specified send off is given

600 free

50 nonfree

2x300 free

50nonfree

6x100 free

Kick

2x75 as 25hard/25easy/25hard

200-300 mix cooldown

Workout October 28th
2650

Warm-up

200free

100kick

100back

100breast stroke

100kick

200pull

8x25 as IM order with 20 sec rest unless specified send off is given

Main set – 45-60 sec rest unless specified send off is given

400

50 nonfree

2x200

50nonfree

4x100

Kick

2x75 as 25hard/25easy/25hard

100-200 mix cooldown

Workout October 31st

Spooky!!!

1300

Warm-up

200mix/100kick/100pull

Main set

16x50's on a 2min send off

2x50 as

25fist/25swim

2x50 as

25single arm/25swim

2x50 as

Kick Hard

2x50 as

25fast/25easy

2x50 as

25breast stroke/25free Strong

2x50 as

25back/25 free strong

4x50 as

50 build

Cooldown

25back/25breaststroke/50 free

100kick



Workout October 31st

Spooky!!!

1700

Warm-up

200mix/200kick/100pull

Main set

20x50's on a 1:45min send off

2x50 as

25fist/25swim

2x50 as

25single arm/25swim

4x50 as

Kick Hard

4x50 as

25fast/25easy

2x50 as

25breast stroke/25free Strong

2x50 as

25back/25 free strong

4x50 as

50 build

Cooldown

25back/25breaststroke/50 free

100kick



Workout October 31st

Spooky!!!

2200

Warm-up

200mix/200kick/200pull

Main set

24x50's on a 1:30min send off

2x50 as

25fist/25swim

2x50 as

25single arm/25swim

4x50 as

Kick Hard

4x50 as

25fast/25easy

2x50 as

25breast stroke/25free Strong

2x50 as

25back/25 free strong

8x50 as

50 build

Cooldown

25back/25breaststroke/50 free

100kick

200pull long and easy and relaxed



Workout November 2

2600

Warm-up

200mix/200kick

8x50's swim on :65 sec IM order

Main set

10x100's on 1:50-1:55

6x50 free on 60 sec

Cool down

300pull breathing 3/5/7

200kick/swim by 50's no board
kick

Workout November 2 2200

Warm-up

200mix/200kick

6x50's swim on :80 sec IM order

Main set

8x100's on 2:10

6x50 free on :75 sec

Cool down

200pull breathing 3/5/7

200kick/swim by 50's no board
kick

Workout November 2 1700

Warm-up

200mix/200kick

4x50's swim on :65 sec IM order

Main set

6x100's on 1:50-1:55

4x50 free on 60 sec

Cool down

200pull breathing 3/5/7

100kick/swim by 50's no board
kick

Workout November 7th

1700-2300

Warm-up

200-300swim choice

200-300kick

Drill work as 6x50

Fist drill – whole arm as the paddle

Dog paddle – length

Repeat 2-3x

Speed

12-16x25's IM order on :40/:45/:55

Main set

3-5x200 – 2sec faster each one with

30 sec rest

Cooldown

100-200kick

100-200mix

STRETCH

Workout November 9th

Warm-up

100mix/100free/100kick 1-2x

Drills 6x50 as drill/swim

Fist

Side kick

Dog paddle

Kick 4-8x25 on :50/:55/:60 sec

Main set – 1-3x

100 as 25strong/50 easy/25mod

100 as 25 strong/50 build/25 easy

Timed 100

Cooldown

Workout November 14th

Warm-up

100swim/200kick/100pull

Form work: 32x25

3x25 left single arm

1x25 full stroke count

3x25 right single arm

1x25 full stroke count

3x25 fist drill

1x25 full stroke count

3x25 breast stroke pull

1x25 pull free

8x25 IM order

8x25 free stroke count + time – descend

200-600 pull long and relaxed

Cooldown - 100kick/100 mix

Workout November 21st

1600-2400

Warm-up

100choice/100kick/200pull

Zip!

4-6x50 as 25fist/25FAST FREE

4-6x50 as 25fingertip/25 FAST FREE

4-6 x50 as 50 swim golf

4-6 x50 as 50 build 85-95%

Long and relaxed

200-600 pull breathing 3/5/7....by

50's

200choice cooldown

Workout November 23rd

1200-2400

Warm-up:

100- 200mix warm-up

100-200kick

100-200swim free

Main set:

1-2x(100/50/150/50/200/50)

the 50's are easy on 1:15/1:30

send off

the rest are with :10 sec rest and
are the focus for the workout so to
be strong

Cool down:

200mix swim/100kick 1-2x

Workout November 25th
Total 2300- 3700m

Warm-up

200swim/100kick/200pull/100 kick

2-4x50 as 25 fly/25 free

2-4x50 as 25 back/25 free

2-4x50 as 25 breast/25 free

24x50 as 25 fast free/25 easy free

Main set - timed 800/1000 or 1500

Followed by 4-6x50's kick easy

Cool down

100-200backstroke/swim free by 50's

100kick

100-200choice EASY!