



Compilation of Swim workouts for Vernon Masters Swim Club Spring Session

*The format of the morning swim workouts at Vernon Masters was typically Wednesday speed days/Fridays tempo/Sundays longer efforts
Hopefully you can use these until the club starts up again in September enjoy the summer, be safe and Keep swimming!*

Workout March 14, 2007

**Pyramid
2200-2900**

100 mix
200 kick as 25stong/25 easy
300drill as 2xfingertip/fist/shark
400 – swim – this can be IM
Optional 500 swim - pull
4x100 – 100's time faster than the 100's in the 400 –
(these can be IM)
6x50's choice/free
200IM or NON FREE
100 timed

Cooldown as
100kick
2-4x50 as back/breast
Optional 100free long and relaxed

Workout March 23rd

2000-3000

Warm-up

100 free
100 kick
100 pull

Drill work –

6x50 fingertip drag/ single arm left/single arm right – drill up /swim back

300-500Pull breathing to every side or breathing every 3/5/7 by 50's

Main set –

6-12x100 - odds IM or choice/evens free – 30 sec rest

Kick

4x75 as 50 flutter build/25 choice easy – 20-30 sec rest

200-400mix easy cooldown

March 25th Workout
2200-4100+

Warm-up easy until 10:40 – 10mins of easy mixed swimming

150-300Kick –

2-4x75 - 50 build kick free/25 choice easy – 20-30 sec rest

400-600Drills 2-3x(4x50) as swim/drill with the 200 being continuous swimming as 25drill/25swim – 30-45 sec rest after each 200

1200 - 2400Endurance – 2-3x200 IM with 20 sec rest(can use fins)

2-4x400 free neg split by 100's and steady throughout – 45-60sec rest

200-400Speed – 4-8x50's – all out effort with 30 sec rest time these

400Cool Down – 100back/100breast/100kick/100choice

Workout March 28th
Speed day☺

Warm-up

100mix swim

100kick

200drill work

200kick as 25hard/25 easy

200-400 pull breathing every 3/5/7....by 50

100back easy

16 x 50 on 1:30 send off – FAST!

After the first 8 we will take 100back/breast easy

100-200 back/breast easy

100-200kick

100 swim easy

Workout March 30th
2000-2800

Warm – up build through starting easy and building to moderate effort

2-3x300 as 100swim/100kick/100pull

6-8x50 as 25drill/25swim – apply the drill to the full stroke with 15 sec rest

Main set:

4-6 x 200 at 1500 tempo speed with 15-20 sec rest

Cool down:

100back/200mix easy

Workout April 1, 2007

Warm-up choice until 10:40(10mins) – easy and long

Drill 4-8x75's drill 50/swim 25

KICK – 10mins as 5x1:15easy/45 HARD

Pull – 300-500 breathing every 3/5/7/9.....

Main set –

3-5x

100 Free - Strong – 30 sec rest – steady throughout the effort

200pull or IM – long and relaxed – 60 sec rest

Finish with a relay

200-400mix easy to finish

Workout April 4th –
Speed☺

Warm-up

100swim/1-200kick/100pull/1-200build

Drill 50xdrill/25swim-

#1drill as single arm right/single arm left

#2 – drill3/5 pause drill

#3 – fist/fingertip

Repeat 2x

Kick –

4-6x 50build/25breast or fly

Swimming Golf – 4-6x50's as least number or strokes with quickest time – 20 sec rest

12x50's as

1- 4 – 25strong/25nonfree easy – 1:30

5-8 - 25strong/25easy free – 1:30

9-12 – 50 hard on 1:30

Cooldown 100kick/200-400mix

Workout April 11th –
1950-2450
Speed☺

Warm-up take you until 7:25

1-200mix/1-200kick/1-200build free

Drills 3x100 as 50 drill/50swim

- Fingertip
- Doggie pull with full follow-through and high elbow
- Single arm 25left/25right/50 free

4x50's swimming golf**Kick**

3-6x75 as 25mod/25strong/25all out – with 30 sec rest

Speed on a 1:30 send off

- 4x50 as 25strong free/25nonfree
- 4x50 as 50 build
- 4x50 FAST!!!!

Cooldown

100back/100breast/100free EZ

Workout April 13th –**Warm-up**

200-300build free

200kick as 50 strong/50 easy

200-300drill work

4-8x 50 IM Spins – with 15-20sec rest

1. fly/back
2. back/breast
3. breast/free
4. free/fly

Repeat for faster lanes

Main set –

8/12/16x100 at their 1500 goal time pace with 15 sec rest –

Send off groups should be close to 2:35/2:10/1:50 –

Cooldown

100back stroke/100kick/1-200 choice easy

Workout April 15th

8x300 or 500's

2400-4000m

1. 300 or 500 easy mix swimming good warm-up
2. 6-10 x50 as 25drill/25swim – 20 sec rest
3. 6-10 x50 as swimming golf(get the shortest number of stroke with the fastest time) – 20 sec rest
4. 3 or 5x100 – descending with 20 sec rest(can be IM)

5. 3 or 5 x 100 kick as 25strong/25 easy/50 build
6. 300 or 500 pull breathing every 3/5/7..... by 50's
7. 6 or 10 x50's nonfree with 20 sec rest
8. 300 or 500 timed STRONG EFFORT 45 sec – OR 400 IM
9. 300 or 500 timed again STRONG EFFORT – OR 400IM
10. 300 or 500 easy mix cooldown – include backstroke to stretch out the shoulders

STRETCH!!!!

Workout April 18th

2000-2900

Warm-up

4-6 x100 alternating swim/kick by 10's

Drill:

6-10x50 as swim/free with 20 sec rest

Main set:

Timed 200 – 45-60sec rest

3-5x200's Broken swims on 4:00with 10 sec rest between each

100

2x50

Speed

6x50's as 25 Hard/25 default

Cooldown

4-6x50's as

25breast/25back

50 free

Workout April 20th

1600-3000

Warm-up

100-200mix

200-300 build free

100-200 pull

Kick

4-6x 50 – with 20 sec rest 25 build/25 hard

2-4x 400 as

100 easy/100single arm/200 build 30-60 sec rest

200-400mix

Workout April 22nd –
2700-4150

Warm-up

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

Drills: 8x50

- Single arm left
- Single arm right
- Kick on side
- Count strokes

Speed - 4-8x25's with 20-30 sec rest

Main set

Timed 800 or 1500

Kick set:

4-6x75's as 25kick no board/25kick with board/25swim free or IM order – 10-15sec rest

Pull

200-400 – breathing every 3/5/7..... OR 400IM

Cooldown:

50breast stroke/25free EZ/50back/25 free EZ x2

Workout April 25th

Warm-up

100swim mix/1-200kick/1-200build

Drill 25drill/25swim free count stroke- 20 sec rest

#1 – drill3/5 pause drill

#2 - fingertip

#3 – fist drill

Repeat 2x

Kick –

4-6x 25 build/25breast or fly

Swimming Golf – 3-6x50's as least number or strokes with quickest time – 20 sec rest

12x50's as

1- 4 – 25strong/25nonfree easy – 1:30

5-8 - 25strong/25easy free – 1:30

9-12 – 50 hard on 1:30

Cooldown 100kick/200-400mix

Workout April 27th
2200-3000

The goal is to get 5sec faster / 200☺

Warm-up

100free/100back/100kick/100pull x 1-2

Drill 200-400drill work

Zip! 4x50's with 20 sec rest for good form - count your strokes

Test:

Start at your goal 1500 pace and then get faster/200

IE: 26min 1500 = 1:44/100 or 3:28/200

4-5x200 - 30 sec rest

Kick set – 6x50 as 25easy/25hard – 20 sec rest

300 **cooldown** as 25breaststroek/25back stroke/25freestyle

Swim workout May 2nd

1950-2550

Warm-up –

200mix swim/200kick/200 free long and relaxed

Pull

200-400 breathing every 3/5/7..... long and relaxed swimming

Drill

200-400choice drills

Main set

12x50's on 1:45 send off

Kick

2x75 as 25easy/50build

Cool down 200-400 as

25breast/25free/25back/25free - repeat

Workout May 4th

1800-2600

Warm-up

100swimfree

100kick

200drill

200 swim free build

Main set:

4-6x 200

find a pace time that will give you 30-45sec rest and descend or stay steady through these

ie:1:55/100 goal default time than send off 4:30 – the faster you go the more rest you get at the end☺

Kick set

2-4 x 100 as 25with board no flutter/25 flutter no board/50 with board Hard

Cooldown

200-400 mix

Workout May 6, 2007

2500-4200

Warm-up

1-200mix/1-200kick/1-200drill/1-200pull

Kick set 2-4x100 – build

Pull Set 100/200/300 – pull steady– breathing every 3/5/by 50's with 20 sec rest

Pyramid

100/200/400/200/100 – with 30 sec rest

OR

200/400/600/400/200 – with 30 sec rest

Flush things out

3-6x50's as

25strong/25breast stroke –

Cooldown

150-300as 25back/25breast/25free

Workout May 9th –

Speed☺

Warm-up

1-200mix/1-200kick/1-200build free

Drills 3x100 as 50 drill/50swim

- Fingertip
- Doggie pull with full follow-through and high elbow
- Single arm 25left/25right/50 free

4x50's swimming golf

Kick

3-6x50 as 25strong/25easy– with 30 sec rest

Speed on a

- **4x50 as 25strong free/25nonfree – 2mins**
- **4x50 as 25strong/25 easy – 1:45**
- **4x50 FAST!!!! 2mins**

Cooldown

100back/100breast/100free EZ

Workout May 13, 2007
2850-4700

Warm-up

200mix/200kick/200pull/200free

Drill 4-6x(50 drill/25 free with 15-20sec rest)

Speed: 6-10x25's on :30/:45/:60

Main set:

400-800 free pull 45sec rest

200-400 free or IM - 30 sec rest

2-4x100 free or IM – 15 sec rest

After the last one 60 sec rest

200-400 free or IM

Kick set

4-8x50 kick with 20 sec rest

1-2 – 25hard free/25 nofree easy

3-6 – 25hard choice/25 free easy

7-8 – 50 Hard

Cooldown –

100free easy/100breast/100easy free/100back 1-2x

Workout May 16th
1900-2800

Warm-up

(100swim/100kick/100single arm drill) 2-3x

Pull set

300-500 pull breathing every 3/5/7.....by 50's

Speed

8x25's IM order or free :45sec

50breast/back easy

8x50's Free – HARD on 1:45

50back/breast easy

8x25's IM order or free :45 sec

50 back/breast easy

Kick

200-300 continuous as 25Hard free/25 easy choice

Cooldown

50 free easy/25back easy/50 free easy/25 breast – 1-3x

Workout May 18th

1800-2800

Warm-up

200-300swim/200-300kick/200-300pull

Drill

Single Arm Left 25
Single Arm Right 25
50 free 20sec rest
Fingertip Drag 25
Fist 25
50 free

Main Set:

6-12 x100 on
1:45/2:10/2:40 – Descend in groups of 3

Kick 4x50 with 20 sec rest

Cooldown 200-300mix easy

Workout May 23rd

1800-2500

Warm-up

1-200swim choice/100kick/100drill/100swim free

Pull set

200-400 pull breathing every 3/5/7.....by 50's

Kick

100-200 as 25hard/25free

Speed = 800 total

8x25's IM order or free :45sec

50breast/back easy

8x50's Free – HARD on 1:45

50breast/back easy

8x25's IM order or free :45 sec

50 breast/back easy

Cooldown = 150-450 total

50 free easy/25back easy/50 free easy/25 breast – 1-3x

Workout May 30th

1800-2500

Warm-up -

1-200swim free/1-200kick/-200drill

Pull set

200-400 pull breathing every 3/5/7.....by 50's

Kick

100-200 as 25hard/25free

Speed = 1000 total

6x50's Free –on 1:45 - build

50breast/back easy

8x25's IM order or free :45 sec

50 breast/back easy

6x50's Free on 1:45 – 25 hard or start speed 25 default

8x25's IM order or free :45sec

Cooldown = 200-300total

25breast/25back easy/50 free easy

repeat– 2-3x

Workout June 1st

2000-2800

Warm-up (100mix/100swim/100kick) 1-2x

Drill work 2-3x

25 fingertip/25swim/25pause drill/25swim free

Main set - pyramid

100 – free – get time 15"

200 –IM – 30" rest

400 – free/get time - 60"

200 – IM – 30" rest

100 - free finish strong – 60 sec rest

Little zip

4-8x50's with 20sec rest to flush out the system alternating free/back

Cool down 100-300 easy mixed

100-200kick easy

Workout June 6th –

1700-2500

Warm-up

200mix/1-200kick/1-200build free

Drills 4-6x50 as 25drill/25swim

- Fingertip
- Doggie pull with full follow-through and high elbow

4-8x50's swimming golf – decrease time and/or strokes/length

Speed as

- **4x50 as 25strong free/25nonfree – 2mins**
- **4x50 as 25strong/25 easy – 1:45**

- **4x50 FAST!!!! 2mins**

Cooldown

100back/100breast/100free EZ – 1-2x

Workout June 8th

1900-3200

Warm-up

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

Drill

4-6x50s as 25drill/25 swim – 15 sec rest

#1 drill – pause drill

#2 drill – doggie paddle drill

2-4x50 as

Back/breast with 15 sec rest

Main Set – 1200-1800

2-3x(200/2x100/4x50) – steady

Send offs

3:40/1:50/55

4:30/2:10/1:05

5:30/2:40/1:25

Cooldown

200-400mix