

WEEK 3

GROUP WORKOUT

FOCUS: FRONT QUAD; GOOD ANCHOR (UNDERWATER CATCH); CORE 9HIP SNAP); SURGE AND GLIDE

WARM UP

200 SW (broken) meaning R :10 @ 50
100 K
200 P (no paddles yet)
(500)

MAINSET

4X100 FR DR as R :30 after each 100
100: FR 25, SGB ROLL 25
100: FR 50, SGB ROLL 25, FR 25 HAND SWAP
100: FR 75, 3&G 25
100: FR continuous

4X100 ODD 100s: FREE R :20 @ 100
EVENS 100s: DRILL/CHOICE
(1400)

COOL DOWN

2X50 P
2X50 K
TOTAL = 1600

DAY 2 (Week 3)

REPEAT WARM-UP but swim the 200 nonstop
(500)

MAINSET

2X200 ALL FR EASY, DPS on evens R :45- 1:00 @ 200
4X100 FR SW/DRx25s R :30 @ 100
4X50 25 FR/25CHOICE R :15-20 @ 50
(1500)

COOL DOWN REPEAT Day1
TOTAL= 1700

DAY 3 (Week 3)

WARM-UP
REPEAT DAY 1
(900)

MAINSET

REPEAT DAY 2 MAINSET
(1900)

COOL DOWN
100K
TOTAL = 2000

DAY 4 (Week 3)

WARM-UP

150 EASY SWIM CHOICE
50 EASY K W/ BRD
(200)

MAIN SET

LADDER: 2X: 1st one ALL FR; 2nd all free or mix it up with free/drills/kicks. As distance decreases speed increases.

200 R :30

150 R :20

100 R :10

50 R:30 before repeating ladder

(1200)

COOL DOWN

4X75 CHOICE SW with buoy or fins

TOTAL= 1500