

WEEK 5

GROUP WORKOUT FOCUS: CORE STRENGTH AND STROKES

WARM-UP

300 SWIM
200 K W/ FINS (optional)
100 PULL (BUOY & PADDLES –optional)
100 KICK NO FINS
(700)

MAIN SET

4X25 BA DR (back kick w/shoulder roll/ shoulder roll w/ hand shake) R :10-:15
2X 50 BA R :15
4X25 BR DR (scull w/K/ KKP) long glides R :10-:15
2X50 BR ½ STROKE PULL R :15
4X100 FR IMs 1) R :10 @ 25 R :15-20 @ 100
2) R :10 @ 50
3) R :10 @ 75 swim last 25 fast!
4) continuous BUILD x 25s
4 x 75 FR moderate-strong R :30
(2000)

COOL DOWN

100 -200 S/K choice
TOTAL = 2100- 2200

DAY 2 (WEEK 5)

WARM-UP

REPEAT DAY 1
(700)

MAIN SET

200 FR W/FINS (maintain head position on breath- POPEYE R :30
200 FR w/fins and paddles R :20
200 FR R 1:00
4X100 FR IMs as above or continuous!! R :20
R 1:30
6X50 FR STRONG ON 2:00 OR R:30
(2000)

COOLDOWN

SAME AS ABOVE
TOTAL =2100- 2200

DAY 3 (WEEK 5)

REPEAT WARM-UP & COOL DOWN FROM ABOVE

MAIN SET

200 FR IM R:20 @ 200
200 PULL
200 FR
4X100 FR BUILD X 25 LOFO R 1:00
4X 75 FR/CHOICE/FR MODERATE PACE R :30 MAX
3X50 FR STRONG R :30
4X25 FR FAST
TOTAL = 2350- 2550

DAY 4 (WEEK 5)

YOUR CHOICE FROM THIS OR LAST WEEK ☺ FOCUS ON WEAK AREAS