



Road Workouts (60-Minutes)

If you are unable to practice with a swim team when traveling out of town, try to find a pool and work out on your own. These workouts do not require equipment.

*** If workout is done in a 25-meter pool add :05 seconds for each 25 yards (for example, 12x25s on :30 would be done on :35, and 10x50s on 1:00 would be on 1:10)

Workout #1 – 3,000 yards (pick cycle I, II or III or make your own)

Wup 1x400 (200 Free, 200 non-Free)

10x50 on :50 :55 1:00 Free, all MOD

1x200 kick flutter on back or side

12x50 on 1:00 1:05 1:10 odds-Fly 1arm, evens-Back 1arm (alt. arms each 25)

6x50 on 1:05 1:10 1:15 Indiana 50s, neg.effort – quick 2nd 25

20x25 on :35 :40 :45 kick shooter 15yds, then swim easy rest of the way

1x300 on 6:00 6:30 7:00 Breast, alternate 25”superDPS”, 25”normal” stroke count

4x25 on 1:00 FAST anything

1x100 loosen

Workout #2 – 3,000 yards (pick cycle I, II or III or make your own)

Wup 1x500 (200 Free, 200 non-Free, 100 scull)

12x25 on :40 :45 :50 kick Fly on back, odds-head lead, evens-streamline

1x600 Free smooth, work on DPS and breathing to both sides

12x50 on 1:00 1:05 1:10 Free (or Back), odds-MOD, evens-FAST

16x25 on :35 :40 :45 one arm Fly, long pushoffs, alternate arms each 25

10x25 on :40 :45 :50 Fly fast, but feel relaxed & smooth

1x200 Free loosen, work on breathing technique by 3s or 3/2s

1x50 Fly FAST! All out!

1x100 loosen

Workout #3 – 3,000 yards (pick cycle I, II or III or make your own)

Wup – 1x400 Free

10x50 on 1:05 1:10 1:15 kick choice on surface, mix up the strokes

20x25 on :30 :35 :40 Free w/flip feel like 500 pace, exhale underH2O

1x50 scull

2x25 on 1:00 Free FAST

12x50 on 1:05 1:10 1:15 Back drills, odds-one arm, evens-double arm

2x300 on 5:00 5:30 6:00 Back, alternate 25cruise/25fast hands

1x50 scull

2x25 on 1:00 Fast anything

1x200 – 100 elementary backstroke + 100 swim anything