



# Road Workouts (90-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 – 4,000 yards (pick cycle I, II or III or make your own)***

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

12x50 on 1:00 1:05 1:10 Back drills, odds-one-arm, events-double arm

1x400 kick on back alternate 25flutter/25Breast

12x25 on :30 :35 :40 IMO, 400 pace

16x25 on :35 :40 :45 kick shooters 12.5yards under / 12.5yards on surface

3x100 2:00 2:15 2:30 Breast, alternate 50 undulate+load, 50 swim breast

8x100 on 1:50 2:00 2:30 IM, odds-drill fast, evens-swim

1x500 Free smooth, all MOD, exaggerate timing of the arms “almost catchup”

8x25 on 1:00 FAST Choice!!

1x100 loosen

## ***Workout #2 – 4,000 yards (pick cycle I, II or III or make your own)***

Wup 1x600 (200 Free, 200 non-Free, 100 scull, 100 streamline kicking)

1x400 on 8:00 kick anything on surface or on side, no board

1x600 Back smooth, alternate 50ez/50strong

12x25 on :25 :30 :35 Free (or Back) feel like quick 500 pace, lots of exhaling!

20x25 on :35 :40 :45 Breast DPS (last 4 very fast tempo)

8x25 on :40 :45 :50 12.5yards shooter, 12.5yards swim choice

3x100 on 1:45 2:00 2:30 one-arm Fly, d1-3 – strong hip action!

10x50 on 1:05 1:10 1:15 you pick: 50Fly400pace, or 25FlyFAST+25ChoiceEZ

8x25 rest as much as you want – sculling drills or Vups

1x50 Fly FAST! All out! From dive if you can

1x50 Choice FAST from dive if you can

1x300 – 100 Free + 100 elementary backstroke + 100 Choice

## ***Workout #3 – 4,000 yards (pick cycle I, II or III or make your own)***

Wup – 1x300 (200 Free + 100 Choice)

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

16x50 on :50 :55 1:00 Free (or Back) cruise

1x50 scull

1x50 Free SPRINT!

20x25 on :35 :40 :45 kick no board, odds-Fly on back, evens-Choice under

1x800 Free straight, negative effort 2<sup>nd</sup> 400

1x50 scull

8x100 on 1:45 2:00 2:30 IM, odds-hard Back/Free, evens-hard Fly/Breast

2x25 Sprint Choice ALL OUT!

1x100 loosen