

### **Workout 1: leg day**

4\*100 @1:30 Odd: swim Even: 50 drill – 50 kick

300 pull

3 Rounds:

50 swim + 50 kick

100 Swim + 100 kick

150 swim + 150 kick

Swim = red kick = blue

Goal keep kick 15 seconds within swim. Will get very challenging if you keep same pace on swim

If fins 4\*150 25 under + 25 kob + 100 swim 6 kicks per stroke (focus on leg drive per stroke. Let legs carry you throughout your swim and don't let core fall apart)

No fins 4\*100 25 under + 25 kob + 50 swim 6 kicks per stroke

### **Workout 2: IM tech work build to speed**

400 swim + 300 kick – drill – swim im order + 200 kick on back or side

28\*50s 1:00 – 1:10

4 rounds of 7\*50s Odd rounds = drill Even rounds = swim focus on in/out of walls

Fly, fly/back, back, back/breast, breast, breast/free, free

Pyramid of fun:

1\* \_\_\_ + 25 kick on back ( \_\_\_ = blue)

\_\_\_ = add 25 each time and add a stroke. You work up to 100 IM then work back down to 25 free

25 fly, 50 fly bk, 75 fly bk br, 100 im, 75 bk br fr, 50 br fr, 25 fr

### **Workout 3: HR Consistency**

10 minute swim build heart rate throughout

4 rounds of 4\*75's + 25

25 at end is always recovery

75s descend intervals

Round 1 75s @ 1:05 25 @:30

Round 2 75s @1:00 25 @:35

Round 3 75s @:55 25 @:40

Round 4 75s @:50 25 @:45

Should be challenging. If intervals are impossible to make at this time adjust to a time that works for you.

End with a pull set of

2 rounds

3\*50's descend 1-3 1:00

1\*100 swim distance per stroke

#### **Workout 4: Pyramid**

8\*100s 2 swim, 2 75 swim -25 kick, 2 build, 2 IM 1:30

6\*75 25 drill – 50 build choice strokes 1:15

1\*25 15m blast! :30

1\*\_\_\_ Round 1 = 1\*25

Round 2 = 1\*50

Round 3 = 1\*100

Round 4 = 1\*200

Round 5 = 1\* 150

Round 6 = 1\*100

Round 7 = 1\*50

1\*25 recovery

Can change stroke by round or keep focus on 1 stroke. \_\_\_ should be 27-28 HR

### **Workout 5:**

WU: 300 Swim + 200 Kick and 100 choice drill

Pre – set: Round 1 = 6\*50 and 2\*100 Round 2 = 3\*50 and 4\*100

6\*50's @1:30 Odds: 25 kick 25 drill all choice stroke

Evens: Drill/Build

2\*100's @ 1:30 Round 1: 25 kick (15m under water) – 75 build

Round 2: Descent 1-3 hold 4

Main set: 4 Rounds. Even rounds with fins if you have

3\*50's #1 = 15M under water #2&3 = middle 25 fast!

4\*25's QST's (quick sequence turns) 12.5 then flip going back towards wall + 12.5 + flip at wall + 25 full fast! So its really 4\*50's but have to focus on fast turns and get momentum started again.

1\*75 first and last 25 = fast!

300 Cooldown