

### **Workout 1:**

300 swim 200 kick 300 arms only

3 rounds: round 1 = free round 2 = non free round 3 = free ( focus is continuous HR and keeping moving)

4\*75s :15s rest kick on side – kick on stomach – kick on side

3\*50s :15s drill – swim

2\*100s :15s build

If time allows: spend time focusing on drills / tech work as workout 3 will be HR focus

### **Workout 2: half hour of power**

300 swim 200 kick on side 100 slow. (focus on technique of whatever stroke you want)

30\*50s on 1:00

6 rounds of 5 50s

1 swim 1 threshold 3 red

1 swim 2 threshold 2 red

1 swim 3 threshold 1 red

1 swim 4 threshold

1 swim 3 threshold 1 red

1 swim 2 threshold 2 red

### **Workout 3: parametric**

15 minute warmup – can be longer swim to start to shake out from yesterday threshold set or more focused on small details like walls and breakouts (no scarlet turns).

“parametric” – going to be fun =)

3\*50s on 1:00 descend 1-3 \*\*\*\*take away 1\*50 descend each round from the beginning\*\*\*\*

3\*100s same time same HR. pick and interval that is challenging but also something you can hold onto. This should be about “500 pace” still kinda of a sprint to challenge HR but also staying consistent. If yard 1:20?? 1:30??

1\*100 easy after each round

### **Workout 4: addem up day**

200 swim 200 kick 200 pull

2 rounds

2\*50s 1:00 1 arm freestyle drill (holding other hand on pull bouy and dunking to focus on high elbow)

4\*75s 1:15 25 1arm freestyle full rotation once finishing pull – 50 build (first two are free and last two can be backstroke as well / same drill)

1\*100 1:30 freestyle best tech

4 rounds

5\*50s 1:00 minus 1\*50 odd 50's = 37.5 fast focus on turns and breakouts even 50's = first and last 12.5m fast!

1\*100 1:30 add 1 \*100 each round. Have to hold average from workout 3 (parametric set)