Group 4 workouts

Sprint

300 swim

300 kick

300 IM (no free)

300 Pull

Kick

200 on 4:00/4:30 Round 1 Free

2 x 100 on 2:00/2:15 x2 Round 2 Stroke

3 x 50 on 1:00/1:10

6 x 50 Descend

4 x 25 \* Rnd 1:Fly

1 x 50 ALL OUT FOR TIME x 3 Rnd 2: Bk

 Rnd 3: Br

100 EZ

3150

Sprint

400 swim 2 strokes off wall before 1st breath

300 IM K/Dr/Sw

300 Kick (150 Fr/150 No Fr)

16 x 25 H20 8 w/fins on :30 as few breaths

 8 w/o fins on :45 as possible

8 x 75 Descend by 25’s o-Free on 1:20

 e-IM on 1:30

5 x (6 x 50) 4- 100 race pace

 2- EZ

 Odd – Free on 1:00

 Even – IM or Stroke on 1:10

400 EZ

3900

Group 4 workouts

IM

300 free

200 back

200 breast

3 x (3 x 50) Build Fly, Bk, Br

Two times: (total 1000 yards)

25 Fly

50 Fly/Bk

75 Fly/Bk/Br

100 IM

400 Kick w/fins on back alt. Flutter and Dolphin by 25’s

300 (4 x 75) 1-Fly/Fly/Fly

 2-Fly/Bk/Fly

 3-Fly/Br/Fly

 4-Fly/Fr/Fly

300 EZ

3150

IM

Reverse 1200 IM

 100 K/Dr/Sw per stroke

8 x 100 Free on 1:30/1:40/1:50

8 x 75 Back on 1:20/1:30/1:40

8 x 50 Breast on 1:10

8 x 25 Fly on :40

200 Kick w/fins alt 25 FAST/25 EZ

200 EZ

3600

Group 4 workouts

Mid Distance

300 swim

300 kick

300 IM w/fins (no free)

12 x 50 Fast w/fins on :50

 Odd- free

 Even – fly

 ½ way underwater off walls

12 x 50

 Odd- Back (past flags underwater)

 Even- Br (double pullout off walls)

5 x 200 Broken

 100- 20 seconds rest

 50- 10 seconds rest

 50- check time

Odd-Free

Even-Stroke

200 EZ

3300

Mid Distance

300 Swim 2 in/2 out

300 Kick (150 w/board, 150 on back)

300 Pull

200 IM

16 x 50 Kick (drop 5 sec every 4)

100 EZ

4 x 100 Long and Smooth

3 x 200 Swim Descend

2 x 300 Neg Split

1 x 400 FAST!!!

200 EZ

4200