Farmington Stingray Swimming Work-outs

Practice 1

Warm up 400 free swim; 200 IM drill; 100 kick choice

4 x150’s @ 2:30 kick/drill/build by 50 IM order

2X:

3 x 200 free @ 3:00 des. 1-3

3 x 100 IM @ 1:40 full speed turns

3 x 50 major stroke @ :50 hold 200 pace

100 recovery

2 x 75 kick @ 1:30 sprint last 25; 2 x 150 free pull @ 2:20 breath 3-5-7 by 50

200 cool down

Practice 2

Warm up 8 x 100 @1:40 alt. 100 free/100 IM

6 x 125’s @ 2:00 (25kick/75drill/25build) odd’s – non free; even’s - free

16 x75 free drop :05 every 4 start @1:10, 1:15 or 1:20

8 x 100’s (4 kick @ 2:00; 4 free pull @ 1:30)

16 x 25’s with fins @ :40 (under/overs)

200 cool down

Practice 3

Warm up 200 skips

8 x 100’s @ 1:50 kick/build/drill/build by 25 – all choice

9 x 50’s @ :50 (1 – moderate; 1 – build; 1 – sprint)

5 x 100’s @ 3:00 best average (treat this as a test set – these should be all out – race pace!)

100 recovery

4X: 1 x 100 kick @ 2:00; 1 x 100 pull @ 1:30; 1 x 100 swim @ 1:30 – all choice

200 cool down

Practice 4

Warm up 6 x 100 free @ 1:30; then 4 x 50IM’s @ 1:00

12 x 75’s @ 1:20 (kick/drill/build by 25) 1-4 IM order; 5-8 non free; 9-12 free

6 x 125’s free (3 @ 1:40, 1:45, 1:50; 3 @1:35, 1:40, 1:45) – pick the interval that’s right for you

8 x 50’s kick @ 1:00 every other one fast

2 x 200 free pull @ 3:00 negative split, breath 5’s

6 x 125’s free (3 @ 1:35, 1:40, 1:45; 3 @ 1:30, 1:35, 1:40) pick the interval that’s right for you

200 cool down

Practice 5

Warm up 2X: 1 x 400 free every 4th length feet first scull on back; 100IM drill

15 x 50’s (3-kick @ 1:05; 3-kick/drill @ 1:00; 3-drill @:55; 3-drill/build @ :50; 3-build/sprint @:45)

3 x 300 free @ 4:00, 4:15, 4:30 (sprint last 100)

4 x 200 @ 3:00, 3:10, 3:20 (50 free build/100 IM sprint/50 choice moderate)

7 x 100 @ 1:40 (odd’s – major stroke sprint; even’s – choice moderate)

200 cool down

Dryland 1

6 rounds: Sit-ups (40); push-ups (20)

60 streamline jumps

10 minutes of one-legged bent rows (alternate legs)

Dryland 2

6 rounds: Leg lifts (:30 raises, :30 flutter, :30 steady, :30 rest)

100 jumping jacks

10 minutes of wall sits (use a medicine ball if you have one)

Dryland 3

6 rounds of deadbugs (:90 on/:30 rest)

6 rounds of planks (:30 right-side, :30 left side, :30 straight, :30 rest)

10 minutes lunges (use a medicine ball if you have one)