

# Blue Training Group



## Workout No. 1

**Focus: IM**

### **Warm Up (1000 yds):**

200 free

500 medley x 50: #1 kick swim, #2 drill swim on the 1:00

8x25 kick choice on the :40

100 scull

### **Preset (350 yds):**

7x50 IM around on the 1:00

### **Main Set (700 yds):**

300  $\frac{3}{4}$  IM order with 100 IM drill after every stroke ( $\frac{3}{4}$  on the :40) (100 IM drill on the 2:00)

### **Warm Down (150 yds):**

6x25 choice drills on the 1:00

***Total Yards: 2200***

# Blue Training Group



## Workout No. 2

**Focus:** Free

### **Warm Up (1500 yds):**

500 free

4x100 pull dps on the 2:00

6x50 drill choice on the 1:00

8x25 Free kick on the :40

### **Preset (300 yds):**

6x50 on the 1:00 (descend 1-3, build 4-6)

### **Main Set (1000 yds):**

4x25 kick flip on the :40

4x50 from the middle, turn focus on the 1:00

200 free Tennessee turns on the 4:00

3x100 breathe every 3 on the 2:00

8x25 on the 1:00 (2x25 breath every 5, 2x25 breath every 7,  
2x25 breath every 9, 2x25 breath-holders)

***Total Yards: 2800***

# Blue Training Group



## Workout No. 3

**Focus:** Short Axis

### **Warm Up (400 yds):**

200 free

100 breast or fly, kick

100 drill, breast or fly

### **Preset (600 yds):**

6x100, odd fly, even breast (25 drill, kick, drill, swim) on the 2:00

### **Main Set (600yds):**

4x50, 25 breast drill/25 free swim on the 1:00

100 breast on the 2:00

4x50, 25 fly drill/25 free swim on the 1:00

100 fly on the 2:00

10 mins breast/fly turns from the middle

### **Warm Down (500 yds):**

10x50, 25 breast/fly drill, 25 free swim on the 1:00

***Total Yards: 2500***



# Blue Training Group

## Workout No. 4

**Focus:** Long Axis

### **Warm Up (1500 yds):**

500 free

4x100 pull, odd free/even back on the 2:00

6x50 drill, odd free/even back on the 1:00

8x25 kick, odd free/even back streamline on the :40

### **Preset (300 yds):**

6x50 on the 1:00 (descend 1-3, build 4-6)

### **Main Set (1500 yds):**

30x50 on the 1:00 (1-6: 25 free/25 drill, 7-12: back drill, 13-18: free drill, 19-24: free/back with a flip, 25-30: back/free with a flip)

***Total Yards: 3300***

# Blue Training Group



## Workout No. 5

**Focus:** Kick

### **Warm Up (200 yds):**

200 free

### **Preset ():**

### **Main Set (400+ yds):**

Vertical flutter kick: 20 sec hands out, 15 sec elbows out, 10 sec hands out, 5 sec streamline

100 pull

Vertical dolphin kick: 20 sec hands out, 15 sec elbows out, 10 sec hands out, 5 sec streamline

100 scull

Vertical breast kick: 20 sec hands out, 15 sec elbows out, 10 sec hands out, 5 sec streamline

6x50 on the 1:00 (descend 1-3, 4-6)

20x25 kick on the :40 (1-4: free, 5-8: fly, 9-12: flutter, 13-16: breast, 17-20: free)

### **Warm Down (200 yds):**

200 swim

***Total Yards: 900+***