

Marlins Training Group



Workout No. 1

Warm Up:

200 Swim

200 Kick

100 Drill

3 Rounds:

3 x 100 Free (getting past flags off each wall)

4 x 50 breathing every 5

5 x 25 (Odds: Fast/Evens: EZ)

Warm Down:

200 Swim

Marlins Training Group



Workout No. 2

Warm Up:

300 Swim

150 Kick

5 Rounds:

200 Swim @ 10 sec rest

150 Kick @ 10 sec rest

Warm Down:

200 Swim

Marlins Training Group



Workout No. 3

Warm Up:

200 Swim

100 Kick

100 IM Drill

100 Scull

4 Rounds (IM Order by Rounds):

4 x 25 Kick @ 50

4 x 50 Drill/Swim by 25 @ 1:20

1 x 100 IM

Warm Down:

200 Swim

Marlins Training Group



Workout No. 4

Warm Up:

200 Swim

200 Kick

100 IM Drill

4 Rounds (Odd Back/Even Free):

4 x 25 Kick @ 40

3 x 50 Drill @ 1:10

2 x 75 @ 1:40

Warm Down:

200 Swim

Marlins Training Group



Workout No. 5

Warm Up:

300 Swim

100 Kick

100 Drill

4 Rounds:

1 x 150 Swim @ 10 sec rest

4 x 75 Kick/Drill/Swim @ 1:50

6 x 25 FAST @ 50

Warm Down:

200 Swim

Marlins Training Group



Workout No. 6

Warm Up:

200 Swim

200 Kick

200 IM Drill

4 Rounds:

1 x 125 SDKDS @ 10 sec rest

4 x 75 (Free/Stroke/Free) @ 10 sec rest

4 x 50 (Fast/EZ by 25) @ 10 sec rest

Warm Down:

200 Swim

Marlins Training Group



Workout No. 7

Warm Up:

300 Swim

200 Kick

100 IM Drill

2 Rounds:

6 x 75 Swim @ 1:40

6 x 50 Kick @ 1:10

4 x 25 Sprint @ 30

Warm Down:

200 Swim