



Senior & Gold Training Groups

Workout No. 1

L.U. 1 x 400 Free D.P.S

W.U. 4 x 150 #1 K - Sw > 25
#2 Dr - Sw > 25
#3 Swim repeat

All Great Stroke on 3 min

Skills

Kicks 10 x 25 on 45

Drills 10 x 25 on 45

Cheetahs 10 x 16m on 40

Swim 2 x (4 x 100) on 1:40/1:50

300 L&S Swim

16m Relay Sprints

1 x 200 Swim Down

Senior & Gold Training Groups



Workout No. 2

L.U. 3 -2 - 1

W.U. 3 rounds 1 x 25 on :30 L&S

1 x 75 on 1:20 Descend 25's

1 x 125 on 2:10 Mid 75 (Bk-Br-Bk)

1 x 175 on 3:30 (single fly IM)

Pulls/Pads 5 x 200 on 2:40/2:50 Make 'ems

Swim Aerobic 9 x 100 on 15 sec rest, hold 15 h/r



Senior & Gold Training Groups

Workout No. 3

L.U. 5 - 2 - 1

W.U. 1 x 500 Medley > 100 on 2:05

Swims 6 x 75 Fla. IM's on 1:30 (K-Dr-Sw)

Pulls 12 x 50 on 65 #1 C.U. - Reg > 25

#2 Br - Fr > 25

#3 4B

#4 Build

Cheetahs 12 x 16m on 30

SDAYF

Senior & Gold Training Groups



Workout No. 4

L.U. 4 - 1 - 1

W.U. 1 x 700 Medley 1 line on 15
2 lines on 30
3 lines on 45
4 lines on 60
Repeat 'til done

Swim 2 x (4 x 75 + 4 x 50 + 4 x 25) on 1:20/60/30
F-EZ-F F-EZ All F F=Fast

Pulls 1 x (25 + 50 + 75 + 100) on 30 per 25
3rd 5th 7th 9th



Senior & Gold Training Groups

Workout No. 5

L.U. 4 - 2 -1

W.U. 1 x 1000 Medley > 50 on 1:05 no tax

Swim 3 x (5 x 100)
on 1:20/1:25/1:30 Descend set as you feel

All 1 x 200 Kick

Swim 12 x 25 GLS IM order. On 40

1 x 300 Medley > 50 on 60 Swim Down

Senior & Gold Training Groups



Workout No. 7

L.U. 1 x 400 Free

W.U. 2 x 500 Medley's #1 Kick - Swim > 25 (on 30 sec rest)
#2 Drill - Swim > 25

Drills 1 round (Free & Spec)
10 x 25 Drill on 40
10 x 25 Swim Builds on 40
10 x 12 Pads AOBKS on 40

Swim IM's 2 x (4 x 100) on 1:40

8 x 50's on 1 min INDY IM's

All SDAYF



Senior & Gold Training Groups

Workout No. 8

L.U. 3 - 2 - 1 - 2 - 1 - 1

W.U. 1 X 300 Medley > 25 on 35

Skills

4 x (Some Dumb Kid Does Swim) on 2:10

Swim 3 x 300 on 5 min descend 100's to 17 h/r

4 x 50 on 1 min @ 500 pace

200 SK

Swim Down 1 x 300 Medley > 25 or 35