

# Silver Training Group



## Workout No. 1

**Focus: IM**

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

200 free

100 kick

100 IM drill

100 scull

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

6x50 on the 1:10 (1-3: free/pretty, medium, fast, 4-6: fly/back, back/breast, breast/free)

### **Main Set (300 yds):**

300  $\frac{3}{4}$  IM on the :45

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

8x25 drill, 2 x each stroke on the 1:00

***Total Yards: 1300***

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## Workout No. 2

**Focus:** Free

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

300 free

100 free kick

100 scull with flutter kick

### **Preset (200 yds):**

4x50: pretty, medium, fast, race on the 1:10

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

4x25 fingertip drag on the 1:00

100 free high elbows on the 3:00

4x25 touch and go on the 1:00

100 free long reach on the 3:00

4x25 combo drill on the 1:00

100 best free possible

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

200 swim

***Total Yards: 1500***

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## Workout No. 3

**Focus:** Short Axis

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

200 free

100 breast/fly kick

100 scull breast/fly

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

6x50: 1-3 breast, drill/free swim on the 1:15, 4-6 fly, drill/free swim on the 1:15

### **Main Set (500 yds):**

6x25 breast pull, fly kick on the 1:00

50 breast: chest press on the 1:30

6x25 one arm fly (odd left, even right) on the 1:00

50 fly on the 1:30

100 fly/breast drill

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

6x25 choice on the 1:00

***Total Yards: 1350***

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## Workout No. 4

**Focus:** Long Axis

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

200 free

100 free drill

100 back drill

100 flutter kick (25 free/25 back/25 free/25 back)

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

6x50 on the 1:15 (1-3: free/back with a flip, 4-6: back/free with a flip)

### **Main Set (750 yds):**

30x25 on the 1:00 (1-6: free fingertip drag, 7-12: back double arm, 13-18: free catch up, 19-24: back odd right/even left, 25-30: odd free/even back, as pretty as possible)

### **Warm Down (50 yds):**

50 swim

***Total Yards: 1600***

# Silver 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

16x25 kick: 1-4 free, 5-8 fly, 9-12 breast, 13-16 free on the 1:00

### **Warm Down (100 yds):**

100 swim

***Total Yards: 900+***