

November 14th – 20th Weekly Workouts

Each workout is designed to be about 1 – 1.5 hours long. They are directed to the senior 1 training group. Feel free to adjust based on speed.

Workout # 1:

Warm up:

400 free with fins

- Streamline + 5 dolphin kicks off each wall

6 x 25 underwater dolphin as far as you can with fins on :20 sec rest

- 3 on front + 3 on back

6 x 25 choice from a turn

- Focus again on great underwaters

Set 1: Endurance freestyle

3 rounds

3 x 100 at 90% on :15 sec rest

- o Hold a fast pace

300 smooth freestyle on :20 sec rest

- o Slow down and focus on smooth strokes

Set 2: IM kick set

20 x 50 on 1:00

- IMO kick – 5 of each kicks
- Focus on body position + tight streamline off each wall!

Set 3: Sprint

10 x 25 choice AFAP on :30 sec rest

- How fast can you go?
- Focus on racing!

Cool down

100 easy choice

Workout # 2:

Warm up:

400 free with fins

- Streamline + 5 dolphin kicks off each wall

6 x 25 underwater dolphin as far as you can with fins on :20 sec rest

- 3 on front + 3 on back

6 x 25 choice from a turn

- Focus again on great underwaters

Set 1: breaststroke set

10 x 25 SL breast kick on back on :30

10 x 50 1 pull + 2 kicks breast on 1:00

10 x 100 build your stroke count 2:00

Set 2: IM set

12 x 75 on: 20 sec rest

- IMO – 3 of each stroke
- 25 swim + 25 kick + 25 swim

8 x 75 IM switches on :20 sec rest

- Fly / back / breast
- Back/ breast/ free
- Breast/ free/ fly
- Free/ fly/ back ,.....repeat

Cool Down

100 easy choice

Workout # 3:

Warm up:

400 free with fins

- Streamline + 5 dolphin kicks off each wall

6 x 25 underwater dolphin as far as you can with fins on :20 sec rest

- 3 on front + 3 on back

6 x 25 choice from a turn

- Focus again on great underwaters

Set 1: backstroke set

10 x 200 on :30 sec rest

- 50 SL kick + 150 backstroke
- Streamline + 5 dolphins on each wall

Set 2: IM set

3 rounds

25 fly on 5 sec rest

50 back on 10 sec rest

75 breast on 15 sec rest

100 free on 20 sec rest

Set 3: kick + sprint set

4 rounds

50 choice AFAP on :30 sec rest

50 SL kick on :15 sec rest – 80%

Cool down 100 easy

Workout # 4:

Warm up:

400 free with fins

- Streamline + 5 dolphin kicks off each wall

6 x 25 underwater dolphin as far as you can with fins on :20 sec rest

- 3 on front + 3 on back

6 x 25 choice from a turn

- Focus again on great underwaters

Set 1: butterfly set

10 rounds

25 dolphin kick on 10 sec rest

25 single arm on 10 sec rest

25 butterfly on 10 sec rest

Set 2: IM Set

4 rounds

4 x 25 fly on :30

1 x 100 back on 2:00

2 x 50 breast 1:00

1 x 100 free on 2:00

Cool down

100 easy choice