

Junior Group Workouts

Workout 1:

WU -

300 @6:00

100 Sw/100 K/100 Dr All choice

4x50 K/Dr @1:20

4x50 Dr/Sw @1:15

4x25 Slow-Motion Sprint @1:00

4x50 Desc. 1-4 @1:00

All Freestyle, Drill is Catchup 2 sec pause, Slow-motion sprints means to swim the effort with your race technique (think about your technique in a race) but at a slow speed (very slow, it is slow motion swimming!). Remember to focus on good steps, good streamlines, and try to do at least 3 dolphin kicks per wall.

-Break 2:00

Main Aerobic Free -

1x100 BA @1:50 JMI (Just make it)

2x25 Kick Ch. Blast @:30

2x100 BA @1:45 JMI

4x25 Kick Ch. Blast @:30

3x100 FR @1:40 JMI

6x25 Kick Ch. Blast @:30

4x100 Fr @1:35 JMI

8x25 Kick Ch. Blast @:30

This is a longer distance set, so be sure to stay long with your strokes, especially if you get tired. Staying long/efficient and pulling water when you start to feel tired will help your stroke technique and your ability to complete the set. Don't stop your legs no matter what! You don't have to kick hard on the swim efforts but be sure to keep a consistent kick.

Workout 2:

WU -

300 @6:00

16x25 @:45

1-8 Fr Sw

9-16 Fly Sw

As far as possible underwater with big powerful dolphin kicks using hips

4x25 @:45 Br w/Fly k

6x25 @:45 Br Alternate Br/Fly k

8x25 @:30 Br FAST

4x25 @:50 Fly w Fr k

6x25 @:50 One arm Fly (odds Rt arm, evens Lft arm)

8x25 @:40 Fly-loco (3 perfect fly strokes then switch to free)

-Break 2:00

Main -

6x

1x25 @:10 R Sprint

1x50 @:20 R Sprint

1x75 @2:00 recovery

Give max effort on the 25 and 50, just doing the best that you can. Go out and enjoy just sprinting without pressure!

Workout 3:

WU -

300 @6:00

4x25 IMO Dr Ch. @:45

4x50 IMO K @1:15

4x75 IMR @1:30 UW focus (SL/Steps/Good push off)

Fly/Ba/Br

Ba/Br/Fr
Br/Fr/Fly
Fr/Fly/Ba

-Break 2:00

Main Aerobic IM -
3x100 IM @1:55
2x50 Fly @1:00
3x100 IM @1:50
3x50 Ba @:50
3x100 IM @1:45
4x50 Br @1:00
3x100 IM @1:40
5x50 Fr @:50

Try to make it all without stopping. If you need to adjust the intervals that is fine, I wrote it thinking that this would be a pretty challenging set. How you leave the wall is always important and when your body starts to get tired, be sure that you stay mentally tough going into and coming out of every wall.

Workout 4:

WU -
300 @6:00

2x
6x50 @1:15 Kick/Sw by 25, 4 underwater sl dk/wall
4x25 @:45 Drill
3x50 @1:00 Desc. 1-3
Rd 1: Fr, Rd 2: Ba

Main -
3x
4x25 @:10 R Sprint
1x100 @3:00 Recov
Rd 1: Ba, Rd 2: Fr, Rd 3: Ch. Strk

High tempo/Max effort on 25's, make sure that you start each effort with a powerful push off and tight SL, along with a quality breakout

Workout 5:

WU -

300 @6:00

8x25 IMO/2 Kick Fast @:45

4x50 IMR/Primary Strk @ 1:00 Drill/Build by 25

1st 50 - Fly/Primary Strk

2nd - Ba/Prim

3rd - Br/Prim

4th - Fr/Prim

2x100 50 Fr/50 Prim @2:00 Neg Split Effort (50 STR/50 FAST)

Main -

2x

6x75 @:20 R Build by 25

2x100 @:20 R Long/Strong

4x50 @:15 R Desc. 1-4 to best effort

Rd 1: Fr, Rd 2: Prim. Strk (Fly maybe split the 75's/100's with free)

Think about your STEPS and having a powerful push off, almost jumping off each wall with your legs, Even when swimming longer distances!

Lots of walls = Lots of opportunities