

Dice Advice
Workout
(By: Kirbco)

This workout designed especially for:

Mighty Marlins

(Roll dice for each section and do that number. Ex. Set #1 roll a 3 do 300 free, 300 drill)

Warm-up 400-600 yards (10-15 min.)

- 1- 400 Reverse IM RLKS
- 2- 500 Free
- 3- 300 Free, 300 drill
- 4- 300 Free, 300 kick, 200 IM
- 5- 500 Choice
- 6- 200 Kick, 200 pull, 200 swim choice

Set #1 1000-1200 yards (20-24 min.)

- 1- 20 x 50 Kick down, swim back, 5 of each @ 1:00
- 2- 24 x 50 1 pull-1 swim fly x 3-repeat each stroke @ 1:00
- 3- 20 x 50 Alt, fly down back back-breast down free back @ 1:00
- 4- 24 x 50 Kick 6 each stroke @ 1:00
- 5- 20 x 50 Drill down swim back-5 each stroke @ 1:00
- 6- 24 x 50 IM @ 1:00

Set #2 1000-1800 yards (30-45 min.)

- 1- 1000 Free, long and strong every 4th length sprint fly
- 2- 16 x 100 By 50, fly back, back breast, breast free @ 2:00
- 3- 8 x 200 2 fly, 2 back, 2 breast, 2 free @ 4:00
- 4- 20 x 75 (50 swim, rest 10, 25 sprint) mixem up @ 2:00
- 5- (50 Kick, 50 pull, 50 swim, fly, back, breast, free) x 3
- 6- 6 x 250 IM, 25 fly, 50 back, 75 breast, 100 free @ 5:00

Set #3 600-1000 yards (20-30 min.)

- 1- 40 x 25 Free 2 breaths each @ :30
- 2- 40 x 25 IM order @ :30
- 3- 24 x 25 Fly @ :45
- 4- 40 x 25 Kick choice @ :30
- 5- 40 x 25 Pull choice @ :30
- 6- 24 x 25 Drills, mix them up @ :45

Time Left-Do another set from the group of your choice.

Warm Down 100 Easy