

Lap Swim Workouts 1 hour

The Theme: Get rolling! Here are 7 workouts choose 1 or more!

Keep in mind: You may not have a pace clock to use and you may run into other problems. So, adapt! You may need to rest 15 after each swim, or modify in other ways. Just do your best!

Practice #1

After Warm up

4 x 150 free @ 3:00 50 swim, middle 50 kick, 50 swim

4 x 150 free @ 3:00 50 six and switch, last 100 swim

12 x 50 Choice @ 1:00 (1-kick, 1-pull, 1-swim) x 4

12 x 50 @ 1:00 (1-free, 1-choice, 1-IM) x4

Practice #2

After Warm up

10 x 75 Choice @ 2:00 Alternate 1-75 kick, 1-75 swim

10 x 75 free @ 1:30 swim

12 x 75 (1-free, 1-choice, 1-IM) x4 @ 1:45

Practice #3

After Warm up

12 x 50 Choice pull / 4@1:10, 4@1:00, 4@:50

12 x 50 Choice kick / 4@1:20, 4@1:10, 4@1:00

12 x 50 Choice swim / 4@1:00, 4@:50, 4@40

Practice #4

After Warm up

12 x 75 (4-kick, 4-pull, 4-swim, Choice) @ 1:30

12 x 50 (4-kick, 4-pull, 4-swim, Choice) @ 1:00

12 x 25 (4-kick, 4-pull, 4-swim, Choice) @ :30

Practice #5

After Warm up

5 x 250 IM @ 5:00 Normal 200 IM with a 50 Choice, pull on the extra 50

5 x 250 IM @ 5:00 Normal 200 IM with a 50 Choice, kick on the extra 50

Practice #6

After Warm up

4 x 250 Choice @ 5:30 150 long, rest 15, 50 fast, rest 15, 50 fast

4 x 250 Choice @ 5:30 50 long, rest 15, 100 fast, rest 15, 100 fast

4 x 200 IM @ 4:00 25 long, 25 fast each stroke

Practice #7

After Warm up

16 x 75 (4 of each stroke) - @ 1:30

16 x 50 (4 of each stroke) – @ 1:00

16 x 25 (4 of each stroke) – @ :30

Time left – 24 x 25 kick (6 of each stroke) @ :30

Just do as much as you have time for.

Aloha, Kirby