

## Nasty Fly Workouts

**Your Theme: Work hard!**

***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 250 IM @ 4:00 extra 50 fly at the end

4 x 250 Fly @ 4:00 50 kick fast, middle 150 swim, 50 kick fast

24 x 50 @ 1:00 (1-kick, 1-pull, 1-swim) fly, back, breast, free x 2

24 x 50 @ 1:00 pull (1-fly, 1-back, 1 breast, 1-free) x 6

### **Practice #2**

After Warm up

9 x 225 fly @ 3:30 (75 kick, 75-pull, 75-swim)

15 x 75 @ 1:15 (1-back, 1-breast, 1-free) x 5

16 x 75 @ 1:15 kick - alternating free and back

### **Practice #3**

After Warm up

20 x 50 fly pull / 4@1:20, 4@1:10, 4@1:00, 4@:50, 4@40

20 x 50 fly kick / 4@1:20, 4@1:10, 4@1:00, 4@:50, 4@40

20 x 50 fly swim/ 4@1:20, 4@1:10, 4@1:00, 4@:50, 4@40

20 x 50 non-fly swim/ 4@1:20, 4@1:10, 4@1:00, 4@:50, 4@40

### **Practice #4**

After Warm up

24 x 75 (8-kick, 8-pull, 8-swim, fly) @1:15

24 x 50 (8-kick, 8-pull, 8-swim, fly) @:50

24 x 25 (8-kick, 8-pull, 8-swim, fly) @:25

24 x 100 (8-kick, 8-pull, 8-swim, non-fly) @1:30

### **Practice #5**

After Warm up

4 x 250 1 of each stroke @ 4:30 150 long, rest 15, 50 fast, rest 15, 50 fast

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

8 x 200 IM @ 3:00 25 long, 25 fast each stroke

Just do as much as you have time for.

Aloha, Kirby