



2017 Swim Workouts

Beginners: Start easy – you will get there!

Advanced Swimmers: Add a few extra laps to keep up the good work

Note: 25 yards = 25 meters = 1 length of most pools
50 yards = 50 meters = 2 lengths/one full lap

Workout A (1000)

- Warm-up: 100 Swim
- 2 x 75s Swim w/ 30 -45 sec rest (50 EZ pace / 25 Stronger Pace)
- 2 x 50s Swim Strong – take as much rest as needed between each to ensure each one is a strong swim
- 2 x 75s Pull w/ 30 -45 sec rest (50 EZ pace / 25 Stronger Pace)
- 2 x 50s Pull Strong – take as much rest as needed between each to ensure each one is a strong swim
- Do the above workout two times.

Workout B (1300)

- Warm-up: 2 x (100 Swim / 50 non-free – backstroke / breaststroke / sidestroke...)
- 4 x 25 kick w/ 15 sec rest
- 4 x 50 Pull w/ 20-30 sec rest
- 4 x 75 swim w/ 30-45 sec rest (25 freestyle / 25 stroke (non-free) / 25 freestyle)
- 3 x 100 Pull w/ 30-45 sec rest (go stronger each 100)
- 100 choice cool down

Workout C (1400)

- Warm-up: 100 Swim
- 4 x 75 w/ 30 sec rest (kick / drill / swim by 25)
- 2 x 200 Swim steady pace
- 100 easy
- 2 x 200 pull stronger pace
- 100 choice cool down

Workout D (1200)

- Warm-up: 100 swim
- 4 x 50 pull w/ 20-30 sec rest
- 3 x 100 wswim w/ 30-45 sec rest * Best Average (BA) – Swim 100s as fast as you can while maintaining a similar time on all repeats
- 100 easy pull
- 2 x 100 swim w/ 30-45 sec *(Best Average – Try to swim little stronger than above 1st set of 100s)
- 100 easy pull
- 100 swim – Strongest time compared to other 100s
- 100 cool down