

SWIMfast™ & **TRISTRONG**™ ...the science of speed

Workout 1

500 freestyle – B3 (bilateral) breathing, long smooth strokes
2 x 200 pull :20 rest – work on extending your arm fully when finishing
5 x 50 kick :30 rest
 Set 1, 5 – 25 hard, 25 choice (hard pace)
 Set 3 – dolphin kick on back...keep your body loose
 Set 2, 4 – 25 sprint flutter, 25 dolphin easy pace
150 single arm left – max distance per pull
400 freestyle – alternate 25 moderate with 25 hard
150 single arm right
100 catch up stroke – breath to 1 side only
6 x 100 freestyle :20 rest
 25 – B5
 50 – B3, sub-sprint pace
 25 – B5, moderate pace
2 x 50 sculling drill :30 rest
 50 – mid scull position
 50 – arms extended over head
500 pull – negative split
4 x 50 free :40 rest
 25 – go as far as you can on one breath then turn and finish at a moderate pace
200 cool down

Workout 2

400 freestyle – pull
100 choice – moderate pace
4 x 100 backstroke – work on increasing rotation :15 rest
4 x 100 kick – 2nd 50 of each 100 is flutter kick :45 rest
8 x 100 on 1:50
300 pull – work on higher elbows when recovering, shoulder width arms
8 x 100 on 1:55
300 pull – first 200 recovery pace, last 100 drill (catch up stroke)
8 x 50 free on :50 – stay tough
200 single arm left & right drill
100 cool down