

SWIMfast™ & **TRI**strong™...the science of speed

Workout 1

600 freestyle – 75% effort, concentrate on rotation, head at 45 degrees
5 x 25 hard swims – 80% :10 rest
600 pull –
 200 hands open
 200 hands closed
 200 – max distance traveled per 25 yards
50 flutter kick – work on dorsi & plantar flexion (relax feet)
5 x 50 freestyle - 75% :15 rest
 1, 3, 4 hands closed
 2, 5 hands open
100 single arm left drill – concentrate on outstroke, catch, instroke, midpull & finish
100 single arm right drill
200 cool down

Workout 2

600 freestyle – negative split warm up, first 300 @ 70% effort
6 x 50 blast off swims :40 rest
 25 – 70%
 25 – 85%, no breath to the end
500 pull – 1st half 70%, 2nd half 80%
200 drag belt – easy pace (must focus on rotation due to the increase in resistance)
6 x 50 blast off swims :40 rest
 25 – 65%
 25 – 80%, no breath to the end
200 cool down

Workout 3

3 x 400 freestyle :30 rest
 1) 70% - B3
 2) 80% - B5 for 200 yards, 2nd 200 B3 if you need to
 3) 75% - B3
100 single arm left
100 single arm right
150 flutter kick – avoid excessive toe point (most often the cause of gastrocnemius cramping)
4 x 200 pull :20 rest
 1, 3 focus on a strong, complete finish
 2, 4 increase your elbow recovery position...no arm swinging
5 x 25 fly :20 rest, easy pace (only if shoulders are ok)
200 cool down