
SWIM*fast*[™]
...the science of speed

Workout 1

500 free – B3 and B5 per 50 / focus on smooth long strokes!
2 x 4 x 200 free :15 rest
 1 – hard pace, 75% effort maintained
 2 – B5 focus
3 x 100 :15 rest maximum reach each time you enter
100 single arm right rotate more – advanced version
6 x 50 sprints :15 rest
100 single arm left rotate more – advanced version
100 front scull position
4 x 100 freestyle :15 rest
100 cool down pull

Workout 2

600 free warm up – focus on holding your streamline off each wall – arms above head
500 pull – 50 hard, 50 moderate...repeat per 100
100 kick
300 pull – 80% maintained
10 x 25 sprint :15 rest (needs to be sprint pace)
500 pull – 80% maintained
8 x 50 sprint on :55
100 cool down pull

Workout 3

600 free – long strokes
100 kick
3 x 300 build :40 rest
 1) 200 moderate, 100 hard
 2) 100 moderate, 100 hard, 100 sprint
 3) 200 hard, 50 moderate, 50 sprint
200 single arm left – advanced (arm at your side)
200 single arm right – advanced (arm at your side)
6 x 50 :30 rest
 25- 5 breath max
 25- hard pace
200 cool down