

## **Workout #1 (90 minutes)**

### **Warm-up (800)**

800 SKIS (200 swim/200 kick/200 IM drill/200 swim)

### **Pre-set (2000)**

4 rounds-IMO per round

3x50 kick des 1-3 @ 0:55/1:00/1:10

2x75 drill @ 1:20/1:30/1:40

200 25 free/25 stroke @ 3:10/3:20/3:30

### **Main set (2100)**

2 rounds (-0:05 interval for the 2<sup>nd</sup> round)

3x50 Fly @ 0:55/1:00/1:15

3x100 back @ 1:40/1:45/2:15

3x100 breast @ 1:40/1:50/2:20

3x100 free @ 1:30/1:40/2:00

-1:00 rest between rounds-

### **Cool Down (200 EZ)**

## **Workout #2 (120 minutes)**

### **Warm-up (900)**

300 swim

200 IM kick

200 pull

4x50 odd-easy/fast, even-fast/easy @ 0:10 rest

### **Pre-set (1800)**

600 swim 100 free/50 back, des the 100's @  
8:30/9:00/9:30

3x200 easy negative split @ 2:50/3:00/3:20

4x150 pull build by 50 @ 2:00/2:10/2:20

### **Main set (2700)**

3x desc the swims by round

600 steady swim @ 12:00/12:30/13:00/14:00

1x100 fast swim 1:20/1:30

2x100 easy kick recovery @ 2:00

### **Cool Down (200 EZ)**

## **Workout #3 (90 minutes)**

### **WARM UP (800 Yards)**

300 Swim Free Easy @5:00 / 5:30 / R 0:20

4 x 50 kick Choice Moderate @1:00

3 x 100 Swim IM Desc 1-3 @1:45/2:00

### **PRE-SET (2100 Yards)**

3x

8 x 50 Drill/Swim Choice @1:00

4 x 75 Swim IM Build @1:15 / 1:30 / Rest 0:20

### **MAIN SET (2100 Yards)**

1 x 400 Pull free Moderate @5:30/6:30

1 x 100 Swim Free Moderate @1:30/1:45

2 x 200 Pull Free Build @3:00/3:30

1 x 100 Swim Free Moderate @1:30/1:45

4 x 100 Pull Free Hard @1:30/1:45

1 x 100 Swim Free Moderate @1:30/1:45

8 x 50 Pull Free Fast @0:50 / 1:00

1 x 100 Swim Free Easy

### **Cool Down (200 EZ)**

## **Workout #4 (90 minutes)**

### **Warm up (800)**

1x

300 Swim Free Moderate @4:30 / 5:30/6:30

200 Kick/Swim choice @4:00 / 5:00

200 Pull Free Moderate

### **Pre Set (2000)**

2x

5 x 100 Pull Free Build @1:30/2:00

8 x 50 Drill Free @0:50/1:00

2 x 50 Swim 25 Stroke Hard / 25 Free Easy @1:00 / 1:15

### **Main Set (2050)**

6 x 200 Swim Free Moderate @2:45 / 3:00/3:30

5 x 100 Swim Free Hard @1:20 / 2:15

4 x 50 Swim Primary Best Average @1:00

3 x 50 Swim Free (1 Easy, 1 Build, 2 Hard) @1:00

**Cool down 150**

## **Workout #5 (60 minutes)**

### **WARM UP (800 YARDS)**

300 Swim Free Easy @4:30/5:30  
200 kick choice Moderate @3:30/4:00  
200 Pull Free Build @3:00/3:30  
4 x 25 Breakouts @0:30/0:40

### **Pre Set (1000 YARDS)**

6 x 50 Swim IMT Drill :50/1:00  
200 Pull Free Moderate @3:00/3:30

Fins & Paddles On

6 x 50 Swim Free Hard @0:50/1:00  
200 Swim Free Moderate @3:00/3:30

### **Main Set (900)**

9x

1 x 75 IMO without Free (1 skillful, 1 Build, 1 threshold)  
@ 1:15/1:30/1:45  
1 x 25 Free Sprint @:30

**Cool Down 200 EZ**

## **Workout #6 (60 minutes)**

### **Warm-up (1000)**

2x

1 x 150 Swim Free Moderate @2:15/2:45

5 x 50 kick on Board Free @1:00

4 x 25 Breakouts choice @:30

### **Pre-Set (Drill Progression) (1200)**

2x

4 x 25 Drill Choice @:30

4 x 50 Drill/Swim choice @:30

4 x 75 Drill / Swim Fast / Drill choice @1:20 (2 kicks, 1 Pull) Power Triangle, Chin Down, good timing

### **Main Set (1000)**

2x

2 x 75 Swim Free Build @1:15/1:20

3 x 50 Swim Stroke Desc 1-3 @:50/1:00

4 x 25 Odds Swim Free Build @:30

        Evens Swim Stroke Sprint @:30

1 x 50 Drill Free (Full catch-up) @1:30

2 x 25 Swim Choice Sprint @:40

**Cool Down 200 EZ**

## **Workout #7 (60 minutes)**

### **Warm-up (700)**

400 swim

6x50 kick 0:10 rest

100 IM drill

### **Pre-Set (speed progression) (1000)**

2x

3x25 underwater 0:35

2x50 closed fist catch-up 1:00

3x25 free build to max 0:30

2x150 pull breathing 3/5/3 by 50's 2:30

### **Main Set (1200)**

2x

3x75 free sustained effort 1:00/1:05/1:15

1x50 free 12.5yd underwater (or 6 kicks) 1:00/1:05/1:15

2x100 50 smooth/50 build to max 1:30/1:40/1:50

1x75 fast free (come in under 0:51) 1:20

1x50 easy 2:00

**Cool Down 200 EZ**

## **Workout #8 (60 minutes)**

### **Warm-up (800)**

300 swim

300 IM k/d/s by 100's

200 pull

### **Pre-Set (IM drills) (1200)**

4x125 as 75 IMO drill/50 free 2:00/2:10/2:30

4x50 kick 2 free/2br 0:55/1:00/1:10

4x75 IMO 25 drill/50 swim 1:15/1:20/1:30

4x50 kick 2 fly/2 free 0:55/1:00/1:10

### **Main Set (1200)**

3x

3x100 IMO 1:35

100 free active recovery 2:00

**Cool Down 200 EZ**



## **Dryland (30 minutes low impact)**

Warm – Up

16 x Jumping jacks

4 x (Deep Squat, 4 thoracic reaches, Hamstring stretch)

16 x Jumping Jacks

4 x (Bear Plank, 2 side kick through, downward dog)

16 x jumping jacks

4 x (4 toe taps, 4 World Greatest Reaches /each side)

Set 2

5 x

30 – 45 seconds plank with 1 push up every 10 or 5 seconds.

8 – 12 Deep Squats

30 – 45 seconds plank

12 Lounges

30 – 45 seconds High plank shoulder tap

## **Dryland (30 minutes high impact)**

Warm up

8 – 12 Deep squats

4 x High plank Downward Dog / Upward dog (hold every position for a few seconds)

8 – 12 lunges (forward / Backwards)

4 x (High plank, front kick through/ each side)

8 – 12 Squat jumps

Set 2

5 x

Box Jump (Progression) 20 inches

- 1) Stepping on the box and learning how to land on both feet.
- 2) Jumping on the Box with single leg and getting used to land on both feet.
- 3) Jumping on the box (one) with both feet and landing on both feet.
- 4) Jumping on the box (double) with both feet and landing on both feet.

Set 3

30 – 45 seconds Mountain Climbers

5 – 10 Burpees

30 – 45 seconds holding a high plank and Kicking on the med balls.

4 – 8 Streamline Jumps

30 – 45 seconds Bear Plank (changing the base from 4 to 3 points – alternating every limb)

## **Dryland (40 minutes low impact)**

### **Warm up 7:00**

2x

1:00 easy march in place

0:30 jog in place

0:30 easy butt kickers

0:30 large arm circles (5 going forward/ 5 going backward)

0:30 deep squat

0:30 plank walkouts

### **Set 1 (format 0:40 on/0:20 rest. 1:00 rest between rounds) 14:00**

2x

Jumping jacks

Alternating reverse lunges

Easy pushups/scapular pushups (in plank position, drop chest between shoulders and reverse)

Squat thrust (burpee without the pushup or jump)

Forward punches

plank

### **Set 2 (format 0:40 on/0:20 rest. 1:00 rest between rounds) 14:00**

2x

Squat

Left side plank (on hand or forearm)

Lateral lunges

Right side plank (on hand or forearm)

High knee march/jog

Dolphin plank



## **Dryland (30 minutes high impact)**

### Warm up

1x

1:00 easy jog in place

0:30 deep squat hold at bottom

0:30 jogging butt kickers

0:30 high knees

0:30 squat with a calf raise

1:00 jumping jacks

Set 1 (format is HIIT 2x 0:20 strong effort/0:10 rest, 1:00 rest between groups of 4)

### *Group 1*

Fast feet

Left leg pendulum lunge (right leg locked in spot, left leg reverse lunge directly into forward lunge)

Right leg pendulum lunge

Mountain climber

### *Group 2*

Squat jump (in streamline?)

Jumping jack

pushup

Squat thrust (burpee without the pushup or jump)

### *Group 3*

Speed skater

Burpee

Flutter kick

Toe tap crunch

Set 2 isometric hold (format 0:30 on/0:20 off, 1:00 rest between rounds)

2x

Plank (on hands or forearms)

Left plank

Right plank

Low boat pose

On back, legs at 90 degrees in the air