

Swim workouts

HR #1 500m warm up
500m – 50m fast – 50 m easy
6 x 50m – 25m back - 25m free
12 x 100m race pace – 10 sec rests
8 x 50m choice of drills and free

HR #2 200m free
200m catch
200m kick
200m back
16 x 25m on 40 secs
(4 x 150m race pace) x 3
200m – 50m back – 50m free

Speed #3 10 x 50m on 1 min
6 x 50m – 25m back – 25m free
3 x 100m flat out on 2.30 secs
3 x 75m flat out with 25m recovery on 2.30 secs
3 x 50m flat out on 1.30 secs
3 x 25m with 25m recovery on 1.30 secs
8 x 100m pull – cool down

Speed #4 300m free
200m pull
100m kick
6 x 25m fast on 40 secs
10 x 50m hard on 1.30 secs
6 x 50m – 25m back – 25m free

Speed #5 400m warm up
6 x 50m – 25m catch – 25m free
6 x 75m with 25m recovery on 2.30 secs
6 x 50m on 1.30 secs
800m pull – cool down

Drills #6 8 x 25m single arm
8 x 25m free
2 x 25m sculling
8 x 25m catch
6 x 25m free
200m catch
200m layout
8 x 25m fast free

Drills #7 300m catch
200m finger drag
2 x 50m sculling
6 x 50m single arm
6 x 50m counting
2 x 50m sculling
4 x 100m single arm
6 x 100m pull with paddles

HR #8 400m warm up
800m – 50m fast – 50m easy
4 x 50m – 25m kick – 25m free
15 x 100m at race pace – 10 sec rests
4 x 50m – 25m back – 25m free

HR #9 400m free
300m catch
200m finger drag
200m kick
200m back
20 x 25m on 30 secs
8 x 200m race pace
200m – 25m back – 25m free

Speed #10 8 x 75m on 1.30 secs
8 x 50m – 25m back – 25m free
6 x 100m flat out on 2.30 secs
6 x 50m flat out on 1.30 secs
8 x 100m pull cool down

Speed #11 400m free
300m pull
6 x 25m fast on 40 secs
15 x 50m hard on 1.30 secs
6 x 50m – 25m back – 25m free

Speed #12 400m warm up
6 x 50m – 25m catch – 25m free
6 x 75m with 25m recovery on 2.30 secs
6 x 50m on 1.30 secs
800m pull cool down

#13 10 x 50m warm up
500m - 50m free - 50m catch
6 x 50m - 25m back - 25m free
12 x 100m pull with paddles - 10 sec rests
4 x 50m cool down backstroke and free

#14 200m free
200m catch
200m finger drag
6 x 100m pull with paddles
200m - 50m back - 50m free

#15 10 x 50m on 1 min
6 x 50m - 25m back - 25m free
16 x 100m pull with paddles
8 x 50m on 1 min
4 x 100m - 50m back - 50m free - cool down

#16 300m free
200m pull
100m kick
(400m free - 300m pull - 200m catch - 100m kick) x 2
8 x 50m - 25m back - 25m free

#17 400m warm up
6 x 50m - 25m catch - 25m free
6 x 150m - 50m back - 100m free on 3 min
20 x 50m on 1 min
800m pull - cool down

Swim recovery workouts

#18 200m free
200m catch
4 x 50m - 25m back - 25m free
4 x 100m - 25m left – 25m right - 25m catch - 25m free
8 x 25m on 30 sec race pace
4 x 50m – 25m back – 25m free

#19 10 x 50m - 10 sec rests
12 x 25m on 40 sec
200m catch
8 x 50m – 25m catch – 25m free

#20 200m free
6 x 100m – 25m back – 75m free
8 x 25m – 12.5m kick – 12.5m free
4 x 100m pull

#21 (100m free – 50m kick) x 4
4 x 50m – 25m back – 25m free
4 x 50m – 25m catch - 25m free
4 x 50m – 25m layout drill – 25m free
4 x 25m – kick on side
4 x 50m pull

#22 8 x 75m – 25m free – 25m catch – 25m free
4 x 50m – 25m head out – 25m free
6 x 50m single arm drill
8 x 50m pull