

Swim Technique Workout: 2100-2400 yards

Warmup: (600)

300 swim

4 x 50 kick w/:20 rest

4 x 25 on :15 rest, build up to a fast finish

Stretch

Drill Set #1: Focus on **hand entry** and **rotation** (400)

4 sets of 4 x 25 Side-Kicking, w/:15 rest

Sets #1,3 are **freestyle**: Sets #2,4 are **backstroke**

- #1 SK-12 (12 kicks on one side, stroke, rotate...)
- #2 SK-6 (6 kicks on one side, stroke, rotate...)
- #3 SK-3 (3 kicks, etc. ...this should be smoother!)
- #4 Swim **focus on stretching out and a great catch!**

Drill Set #2: Focus on **hand position** during the pull. (400)

4 sets of 4 x 25 w/:10 rest

- Set #1: wear a pullbuoy, and place a kickboard under your chest (as if surfing on it). Swim with head up for max DPS; don't lose the board!
- #2: skulling, mid-position (hands pointing down)
- #3: repeat Set #1
- #4: swim **maximum DPS**: focus on getting the most out of each pull with good technique. **Count strokes!**

Main Set: Focus on **maintaining stroke when tired** (500/800)

Gold Group: 10 x 50 freestyle on 1:45

Iron Group: 8 x 100 freestyle on 2:15

1st 25 (50) is max-aerobic (fast!), minimize breathing.

5 seconds rest, then...

2nd 25 (50) is maximum DPS with moderate effort. Same stroke count as before, to within 1 stroke. **MAINTAIN STROKE!!!**

Warmdown: 200 easy, immediately after main set. (200)