

## Swim Power Workout: 2400 yards

*Note: at 6:53, go directly to the warmdown! It's important.*

Warmup: **(600)**

300 swim

4 x 50 kick w/:20 rest

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

*Stretch*

Variety Set: 8 x 50 **your choice of non-freestyle stroke (400)**

(this can be butterfly, backstroke, breaststroke)

Odd 50's are **drill** (your choice of drill)

Even 50's are **moderate-effort swim**. (A2-A3 level)

Pick an interval so that everyone in your lane gets at least 15 seconds of rest after each one.

Technique Set: 3 sets of 6 x 25 on :30 (Iron) or :40 (Gold) **(450)**

#1 Right arm only

#2 Left arm only

#3 Catchup drill (hands meet in front of you)

#4 Build-up

#5 Sprint **ALL-OUT FAST!**

#6 Maximum Distance Per Stroke (DPS)

Power Set: 5 x 150 broken-up as follows **(750)**

50 swim **powerful** (VO2-Max), then :40 rest

25 swim **sprint** (all-out!), then :25 rest

25 swim **max-DPS** (distance-per-stroke), then :25 rest

50 swim **powerful** (VO2-Max)

*After each 150, take at least 1:00 rest, regroup by lane.*

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