

Swim Workout: 3600 yards

Warmup: (600 REC)

400 reverse-I.M. (free-breast-back-fly) swim/drill choice
6 x 50 on :50, step down 1-3, 4-6 (REC-EN-Thresh.)
4 x 25 on :35 sprint-medley (or build-up).

Butterfly: 4 sets of 8 x 25 (800 EN)

Sets #1 and #3 are butterfly on :30
Sets #2 and #4 are dolphin kick on :35 or :40

Power: 4 sets of 4 x 50 freestyle (800 Thresh-VO2)

Each set is the same; 1:30 extra rest between sets
4 x 50 on 1:00, step down from anaerobic threshold to
VO2-max. e.g., :32 - :31 - :30 - :29

Drill/recovery: 6 x 50 drill on 1:00 (300 REC)

#1 *free*: SK-12 down, SK-6 back
#2 *free*: SK-6 down, SK-3 back
#3 *free*: catchup
#4 *fly*: right-arm down, left-arm back
#5 *fly*: 3 right/3 left down, 1 right/1 left back
#6 *fly*: 1 right/1 left down, right/left/full back

Pace set: 8 x 100 pull on 1:30 or 1:40 (800 EN+)

maintain mid-high aerobic pace – just below threshold.
Goal is to be consistent, getting about :15 rest.

Warmdown: (300 REC)

100 easy
4 x 25 on :35, drill
100 easy