

TECHNIQUE FOCUS: Neutral head position,  
 relaxed body position while engaging core on rotation,  
 building endurance at aerobic push effort

<b>Spring SwimAWk1 #1</b>	
<b>Warm Up:</b>	
300-500 yds swim	300-500
<b>KICK SET no fins</b>	
4-8 X 25 yds @ 1	100-200
Odds: Front flutter with board	
Evens: Back flutter with board	
EZ 50 yds swim	50
<b>SWIM SET #1</b>	
L5: 6 X 100 yds @ 1:55	400-600
L2-L4 : 5 X 100 yds @ 2:15	
L1: 4 X 100 yds @ 2:30	
<b>DRILL SET #1 with fins</b>	
3 X 100 yds rotation kick alternate sides each length	450-600
L2-L5: 3 X 100 yds swim with fins technique focus	
L1: 3 X 50 yds swim with fins technique focus	
REMOVE FINS - EZ 50 yds swim	50
<b>SWIM SET #2</b>	
L5: 6 X 100 yds @ 1:50	400-600
L4: 5 X 100 yds @ 2:05	
L2-L3: 5 X 100 yds @ 2:10	
L1: 4 X 100 yds @ 2:30	
<b>Cool Down</b>	
200 yds zone 1; any stroke	200
Total yards	1950-2800
Main swim set	800-1200

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<b>Spring SwimAWk1 #1</b>	
<b>Warm Up:</b>	300-500
300-500 swim with 100 yds kick no fins	
<b>KICK/TECHNIQUE SWIM SET1</b>	
3 X 100*-150 yds @20s rest with fins	300-450
#1: 100 yds rotation kick/50 yds swim focus on neutral head position	
#2: 100 yds rotation kick/50 yds swim focus on relaxed body engage core on rotation	
#3: 100 yds rotation kick/50 yds swim let muscle memory take over	
*Lane 1 and reduce to 3 X 100 yds	
REMOVE FINS	
1 X 200 yds technique focus swim	200
<b>MAIN SWIM SET</b>	
hold pace/effort comfortably hard with decreasing rest	
4-6 X 100 yds @ interval ~ 15s rest	900-1200
3-4 X 100 yds @ interval ~ 10s rest	
1-2 X 100 yds @ interval ~ 5 s rest	
1 X 100 yds technique focus swim (no extra rest after last interval)	100
<i>L5-L2 (6-4-2); L1 (4-3-2) REPS</i>	
<b>KICK/TECHNIQUE SWIM SET2</b>	
3 X 100*-150 yds @20s rest with fins	300-450
#1: 100 yds rotation kick/50 yds swim focus on neutral head position	
#2: 100 yds rotation kick/50 yds swim focus on relaxed body engage core on rotation	
#3: 100 yds rotation kick/50 yds swim let muscle memory take over	
*Lane 1 and reduce to 3 X 100 yds	
REMOVE FINS	
1 X 200 yds technique focus swim cool down	200
Total yards	2300-3100
Main swim set	900-1200

<b>Winter SwimAWk5 #3</b>	
Continuous swim for 1000yds-2500 yds for reverse ladder/pyramid	
take short break after each distance 25-30s	
1000 yds - 400-300-200-100 yds	
1500 yds- 500-400-300-200-100 yds	
2100 yds - 600-500-400-300-200-100 yds	
2500 yds - 100-200-300-400-500-400-300-200-100 yds	