

## Spring Break Workouts:

#1)

### Warmup

4 x 50 desc 1 – 4 to 85% swim :15

4 x 50 desc 5 – 8 to 85% pull :15

### Mainset

1 x 400 by 50 Drill / 50 swim @ 75% :30

Drill = 1 armed swim

2 x 300 by 100's 85%/70%/80%

rest = :30

3 x 100 by 25 Fist / 25 Swim @ 75%

rest = :20

### Cooldown:

200 pull

Focus: Pacing / technique

Goal: This is a great workout to focus on developing different swim gears. During the main set you will start out at 85% (strong) then drop down to 70% (easy) and then increase to 80% (medium effort). Do not worry about your times. Focus more on the feel of your stroke at each %.

#2)

Warmup:

100 swim :20

100 1 armed swim :15

2 x 50 Kick :15

100 Fist

Main Set

6 x 50 descend 1- 3, 4-6 to 80% :20 rest

100 pull EZ

3-5 x 100 descend to 90% with :30 rest

100 pull EZ

5-8 x 100 holding Race pace with :20

Cooldown:

100 - 300 pull EZ

Focus: Get ready to work!

Goal: You will have limited rest during your last set of 100's. Stay focused on your stroke near the end of the set as this is when technique starts to deteriorate and the best place to build mental toughness!

#3)

Warmup

moderate 50m, note time :20 rest

moderate 100m, note time :20 rest

moderate 200m, note time :20 rest

Mainset

3 x 200 :20 rest after each

descended from moderate 200 to 85% 1min rest

then 200 at 85% 1 min rest

3 x 100 :20 rest after each

descended from mod 100 time to 85% 1min rest

then 100 Hard 1 min rest

3 x 50 by :20 rest after each

descended from mod 50 time to 85% 1min

then 50 Hard 1 min rest

Cooldown

100 ez pull

Focus: Note your time for each swim during the warmup as this is your starting point for the mainset.

Goal: Start off at a pace ~70% and descend to 85%. After 3x distance, take 1 min rest and then swim 1 more of the same distance at 85%.

This swim is all about proper pacing. It is to your benefit to start off slow. ;)