

Hello swimmers. As you know I will not be around for a while due to the No Limits Mallorca training camp. I leave tomorrow and return on the 12th. Below is a link to 2 weeks of swim workouts with 2 online swim videos to follow. Take the time to watch the videos as you will pick some good tips up.

Thank you for being so accommodating and I look forward to seeing you when we get back.

Coach Todd

<https://maptotriathlon.com/onlineswimmallorca19/>

<p>Workout 1</p>	<p>Warmup: 4 x 100 :15 1,3: 50 Fist + 50swim 2,4 : 50 underwater recovery + 50 swim</p> <p>Main Set: 2 x (1 x 150 breathe every 3 strokes with :30 rest) 2 x 75 breathe every 5 strokes with :20 3 x 50 breathe every 7 strokes with :15 6 x 25 breathe every 9 strokes with :10</p> <p>Round 1 = swim (focus on Body roll) 2 = pull (focus on Timing)</p> <p>8 x 50 descend 1 to 4 ,5 to 8 to 85% on 1:10</p> <p>Cooldown: 200ez pull</p>
<p>Workout 2</p>	<p>Warmup 2 x 300 :20 by #1 100 pull / 100 scull / 100 pull #2 2 x (50kick / 100swim)</p> <p>Mainset 20-25 x 75 by 4-5 x (3 at 80+%, 2 at 70%)</p> <p>Take :20 rest after each 75</p> <p>Keep your Hard effort @ 80+% Keep your EZ effort @ 70%</p> <p>Cooldown: 200 Easy pull</p>
<p>Workout 3</p>	<p>Warmup: 200 swim :10 100 3 stroke roll :10 4 x 25 scull :05 100 Kick 2 x (25 Finger Tip Drag / 25 swim)</p> <p>Mainset: 1800 by</p> <p>25 Hard / 25 EZ 50 Hard / 50 EZ 75 Hard / 75 EZ 100 Hard / 100 EZ</p>

	<p>125 Hard / 125 EZ 150 Hard / 150 EZ 175 Hard / 175 EZ 200 Hard / 200 EZ</p> <p>Keep the hard @ 80%, EZ @65-70%</p> <p>Cooldown: 200 Pull easy</p>
Workout 1	<p>Warmup: 200 swim :20 4 x 50 14 strokes kick to wall 3 x 50 scull :10 1 x 50 build to 85%</p> <p>Mainset: 3 rounds of the below 50 Drill, 150 swim 100 Drill, 100 swim 150 Drill, 50 swim 1 min rest after each Swims all @ 70%</p> <p>Round 1 drill = Fist Round 2 drill = 1 armed swim Round 3 drill = Catchup</p> <p>6 x 50 @ 85% on 1:00 depending on time</p> <p>Cooldown: 200 pull</p>
Workout 2	<p>Warmup 300 swim :20 by 25 Catch Up / 75 Swim 4 x 50 kick :10 100 build to 85%</p> <p>200 pull loosen up at 70%</p> <p>major set: 8 x (125, 100) on 2:15-2:20</p> <p>125's sub Race Pace effort 100's EZ</p> <p>Cooldown 200 pull</p>
Workout 3	<p>Warmup 150 swim :20 4 x 50 13 strokes :10 150 pull :20</p> <p>Mainset: 3 x (100 :10, 200 :20, 300 1 min)</p> <p>Pick a 100 pace and hold for the 200 and 300. Descend 1 → 3. eg 70%, 75%, 80%</p> <p>cooldown: 300 ez pull</p>