

## Swim Workouts

**Descending Ladder** – A nice workout to work on finishing strong. You start the main set at a relaxed pace and get faster on each step down with the goal of holding a long powerful stroke all the way through.

Swim 40-60 minutes - warm up 300, drill 200. Main set is 500, 400, 300, 200, 100. all rest are 30 sec and each step down gets faster. Cool down 200

**Steady effort 100s** – This is a workout to work on maintaining your speed throughout the main set. The goal is to be consistent on your 100s and take those short rests. The rests are just enough to get a quick drink, check your split, and give you enough break to hold your form into the next interval. To really challenge yourself do this at your 1,000 time trial pace.

Swim 40-60 minutes - Warm up 400, kick 50, single arm 50, kick 50, triple switch 50. Main set is 15-30 x 100 rest 10 seconds. focus on being smooth and efficient. Be consistent on 100s. cool down 100.

**75s with focus on form** – Here's a technique main set with the 75s broken into 25 kick or drill, 25 swimming in perfect form ideally counting strokes, and 25 fast in good form. This is a good workout during a race week where you don't need to do a hard workout, but want to stay sharp.

Swim 40 minutes warming up for 500 then do 12-16 x 75 rest 15 done as 25 kick or drill/25 swim counting strokes/25 fast. cool down 100

**200s with broken 200s** – In this workout you get some longer intervals mixed in with some fast 50s. The steady 200s can be done pulling with or without paddles or just relaxed effort while the 50s should be fast.

Swim 40-60 minutes - Warm up 200, kick drill 200, Main set is 8-10 x 200 rest 20 sec. Odds are steady and evens are (4 x 50 fast with 10 sec rest) cool down 100

**Ladder** – I always recommend doing ladder workouts as going up the ladder easy and then picking up the pace as you go down the ladder. Think of going up as a very long warm up. For triathletes this will teach patience and stress having something left in the tank at the finish.

Swim 40-50 minutes. - warm up 200, drill 200. main set is ladder with rest in ( ) 100(10"), 200(20"), 300(30"), 400(30"), 400(30"), 300(30"), 200(20"), 100. cool down 200

**50s changing gears** – When you feel like doing some work in your other strokes, try this workout. I often have swimmers alternate a pair of 50s freestyle with a pair of another stroke. Even for triathletes, there's benefit in swimming other strokes.

Swim 40-50 minutes - warm up 500, kick 50, single arm 50, kick 50, catch up 50. Main set is 10-14 x (50 swim easy counting strokes, rest 15" + 50 swim faster, rest 15"). cool down 100. Goal is lower stroke counts. Do the same stroke in pairs.