# Workouts for Week April 18 – April 24, 2022

## WORKOUT #1

### WARMUP

Each swimmer does a warmup of his/her choice for 5 to 8 minutes. (This is a standard warm up I use because each swimmer warms up differently).

**SKIPS x 100s** (swim, kick, IM, pull, swim x 100)

**8 x 50** Descend 1-4 and 5 – 8 (This is a continuous set with the interval = to your first swim + .10. Don’t start off too fast – you’ll want to descend each swim by around 2 seconds or more)

### MAIN SET

Your choice of stroke for each set but keep the stroke the same throughout the set. By my definition, freestyle is a “stroke”

Rest Interval (R.I) = .15 to .20 seconds.

5 x 150

#1 Build by 50s

#2 Kick

#3 Pull Buoy

#4 Pull Buoy + Paddles

#5 FAST

4 x 125

#1 Kick

#2 Pull Buoy

#3 Pull Buoy + Paddles

#4 FAST

3 x 100

#1 Pull Buoy

#2 Pull Buoy + Paddle

#3 FAST

### COOL DOWN

200 – 300 Cool Down

### TOTAL

2550/2650 yards + Warm Up

## WORKOUT #2

### WARMUP

5 – 8 Minute Warmup

1 x 500 – Alternate 50 @ 60% effort/ 50 @ 80% effort- good walls and streamline throughout.

1 x 300 – mix up your strokes

### MAIN SET

On each 225, the focus is on good technique and streamline off walls. As you increase your effort, make sure you are holding your technique. All 225s have an R.I. of .15 seconds. Mix up your kicks to include different strokes.

Take at a “Masters Minute” after each Kick set.

4 x 225 – 70% effort

4 x 50 K

3 x 225 – 75& effort

3 x 50 K

2 x 225 – 80% effort

2 x 50 K

1 x 225 – ALL OUT

### COOL DOWN

200 – 300 Cool Down

### TOTAL

3700/3800 yards + W.U.