# Workouts for Week April 25 – May 1, 2022

This week’s workouts will include a distance freestyle set and some shorter sprint swims with stroke work

## WORKOUT #3

### WARMUP

5 – 8 Minute Warm Up

Do this set 2 or 3 times. Use a comfortable interval so you can focus on the small things on your stroke (Fins are OK).

75 Fast followed *immediately* with a 75 EZ

100 K – 80% Effort

25 K Underwater

25 S All Out

4 x 50 Descend (Try to descend 2 seconds/50. Your heart rate should be elevated so move quickly into the main set)

### MAIN SET

4 x 500

The interval after each 500 will change. To determine your interval, use the time for your first swim. A bit of advice - don’t make this your fastest 500 ever. We’ll call that your Pace.

#1 Pace + .25

#2 Pace

#3 Pace + .15

#4 Pace

Example. If your first swim is 8:20 (1:40/100 pace) then your intervals would be:

#1 8:45

#2 8:20

#3 8:35

#4 8:20

You can substitute any distance with this set – (3)(2) x (4 x 100), 2 x (4 x 200), 4 x (4 x 1000). Your intervals will change with different distances, but the concept is the same. #2 and #4 will be your Pace and you will add extra time for #1 and #3.

### COOL DOWN

200 – 300 yards

### TOTAL

3000/3400 yards + Warm Up

## WORKOUT #4

### WARMUP

5 – 8 Minute Warm Up

6 x 50 Kick (25 Tombstone/25 Regular. For Tombstone, hold the board in the middle and submerge at

least one-half of the board underwater so you are pushing water as you kick.)

4 x 75 Pull

### FAST FIN SET

2 x 25 Swim

4 x 50 Swim

2 x 100

Do this set twice WITH Fins. Each swim is FAST so take plenty of rest between swims. I guarantee you’ll get a kick out of going this fast. You’ll want to keep your kick narrow and fast to get the most out of the fins. Do one set Free and one set Stroke.

This is a good set to do at the end of practice if you want to send everyone off together and make some fun out of it.

### PYRAMID SWIM

50

50, 100

50, 100, 150

50, 100

50

For this set all 50s are a stroke of your choice, all 100s are Reverse IMs (Fr,Br,Ba,Fl) and the 150 is Free. If you do the set twice, you can change the strokes for each distance. Remember, the sets I give are only guidelines – feel free to change things up to meet your particular needs

### COOL DOWN

200 – 300 yards

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### TOTAL

2400/3200 yards + Warm Up