# Workouts for Week May 9 – May 15, 2022

## WORKOUT #7

This workout focuses on middle distance swim preparation. If you like 200s and 400s this is in your wheelhouse.

### WARM UP

5 – 8 Minute Warmup

### PRE-SET

10 x 50

* 1-5 Kick
* 6 – 10 Pull

### MAIN SET #1

2 x 200 Start to wind up and get ready to attack. Build the 2nd 200

2 x 100 Attack! These are FAST. Take whatever rest you need between each 100

2 x 200 Active recovery on the 1st 200. The 2nd 200 is at 70% effort

2 x 100 Attack! Can you beat the times you posted earlier? Take whatever rest you need

 between each 100.

2 x 50 Finish Strong – FAST

Note: After the last 100 in the first 2 x 100 set take .10 seconds rest and immediately start the next 200. This is your active recovery, and you should swim EZ until you have recovered.

### MAIN SET #2

2 x 150 Attack! These are Fast. Take whatever rest you need between each 150

2 X 150 Active recovery on 1st 150 – swim EZ. The 2nd 150 is at 70% effort

1 x 150 Attack! Can you beat the times you posted earlier?

1 x 150 Active recovery – swim EZ

2 x 150 Attack! Take whatever rest you need between each 150.

### COOL DOWN

200-300 Cool Down

### TOTAL

3000 Yards + warm up and cool down

Note: This is a tough set for most swimmers to finish in 60 minutes. If you need to reduce the yardage, in Main Set #1, swim 1 x 200 in each recovery set and in Main Set #2, Eliminate 1 x 150 in the first active recovery subset and 1 x 150 in the last Attack subset.

## WORKOUT #8

I believe that swimmers should mix things up and not always swim the same stroke. After a hard freestyle workout like #7, it’s best to shake things up with either a workout focused on long, moderate swims or a stroke workout. If you’re a distance or open water swimmer or a triathlete, you will do less stroke work than most, but please do it. You’ll use different sets of muscles and achieve a better overall balance.

### WARM UP

5 – 8 Minute Warm Up

### KICK SET

50

75

125 w/ fins

75

50

Last 15 Yards of each subset = 100% effort

Choose your own rest interval

### MAIN SET #1

4 x 250

* 100 IM/50 Free/100 Stroke

Rest Interval = .20 - .30 between each 250

### MAIN SET #2

2 x (4 x 25 + 8 x 50)

On the 25s, count your strokes on the first 25 and take off at least 1 stroke on each of the following 25s

On the 50s, hold your stroke count = the last 25

Rest Interval – 25s = .15, 50s = .20 - .30

Round #1 = Free

Round #2 = Choice

### COOL DOWN

200-300 Cool Down

### TOTAL

2375 Yards + warm up and cool down