

Advance Workouts  
Drills/Strokes (~2000)

**Freestyle:**

WU: 200pull, 100 kick, 100 swim	300
8x 25 FR kick (on '30/'45s)	200
4x 50 Build to sprint (on 1:00/1:15)	200
8x75 FR Drill on 1:30	600
2x:	
1)Zipper Drill (high elbows)	
2) Catchup Drill (distance per stroke)	
3) Shark Fin Drill (6 kick pause before water entry)	
4) Closed Fist Drill (straight wrist, closed fist freestyle)	
4x 100 (25 Drill, 75 strong) on 2:00	400
#1 Zipper, #2 Catchup, #3 Sharkfin, #4 Closed fist	
WD: 100 BR	Total: 1800

**Backstroke:**

WU: 400 Choice	400
8X [50 BK Drill, 100 BK Swim, 50 BK Drill]	1600
Drill on 1:15:	
#1 Streamline Kick (drill)	
#2 Six Kick switch Drill	
#3 Salute Drill	
#4 Robot (pause at 90 with hand rotation)	
#5 Catchup at surface of the water	
#6 Single Arm	
#7 Catchup at 90 degrees	
#8 Double arm	
Swim on 2:00: strong good rotation should have significant rest	
WD: 150 FR	Total: 2000

**Breaststroke:**

WU: 100 FR SKPS (swim, kick, pull, swim)	400
8 x50 BR kick (whip kick, aim for 1:15)	200
4x 100 BR Drills	400
1) One pull two kicks	
2) Dolphin kick with BR arms	
3) Flutter kick with BR arms	
4) 5 Second Glide Streamline before start of each stroke	
8X 50 BR on 1:15	400
Descend #1-4, #5-8)	
Short Pyramid BR: 25, 50, 75, 100, 75, 50, 25	400
WD: 100 FR	Total: 1900

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**Butterfly:**

WU: 50 Skull, 50 Kick streamline, 200 FR	300
4x 25 Underwater dolphin kick streamline	100
4x 150 (100 Drill, 50 swim) (30sr)	600
1) 50/One arm 50/other arm	
2) Dolphin Dives	
3) 3, 3, 3, (Three strokes: one arm/other arm/both arms)	
4) Three kicks streamline, one pull	
50 easy FR recovery	
8x 25 Fly/FR (strong fly, easy free)	200
4x 50 (25 one arm/25 Fly)	200
WD:200 kick	
	Total: 1800

**Individual Medley**

WU: 400 Reverse IM (25 kick, 50 Drill, 25 swim)	400
6x75 (odds FL, BK, BR, evens: BK, BR, FR) Drill (15sr)	450
FL: 3, 3, 3,	
BK: 6kick switch	
BR: 1pull2kicks	
FR: Zipper/Catchup	
1x [50FL, 75BK, 100BR, 150FR]	275
1x [150FR, 100BR, 75BK, 50FL]	275
Pyramid Set: sprint distance:	1000
100IM Sprint	
200IM (drill/swim each stroke)	
400IM drill	
200IM (drill/swim each stroke)	
100 sprint for time	
WD 100 easy	
	Total: 25000