

Advance Workouts
Distance and Sprint

Distance/Breath Control

WU: 100 BR 100 FR 100 Kick choice	300
6x50 Breath Control (odds every 5, evens 7) on 1:00	300
Breath Control Pyramid at 20sr	1150
100 every three (fast)	
150 every five (strong)	
200 every seven (moderate)	
250 every nine (distance per stroke)	
200 every seven (moderate)	
150 every five (strong)	
100 every three (fast)	
4x 100 descend (holding every five strokes/breath)	400
WD 200 BK	Total: 2350

Sprint/Stroke

WU: FR SKPS (swim, kick, pull, swim)	400
6 x50 on '45/'50 (strong)	300
12 x 25 on '30/'35	300
4xFly	
4xBack	
4xBreast	
4x Free	
6x75 (odds sprint/evens stretch dps FR) (15sr)	450
#1 FL-BK-BR	
#3 BK-BR-FR	
#5 BR-FR-FL	
2x100 IM descend	200
2x200 IM build each 50 to sprint	400
2x100 IM descend	200
WD: 2x 100 FR on 2:00	Total: 2450

Mid Distance:

WU: Reverse 400 IM	400
12 x 200 (odds FR, evens stroke) 3:45	2400
WD:100 FR	Total: 2900

Advance Workouts

Distance and Sprint

Sprint/mid distance:

WU: 200 pull 100 kick FR	300
12 x 25 FR fast on 30	300
8 x 150	1200
1) 50 Fast- 100 easy	
2) 50 easy- 50 Fast- 50 easy	
3) 100 easy- 50 Fast	
4) 100 Fast- 50 easy	
5) 50 easy- 100 Fast	
6) 150 easy	
7) 150 Fast	
8) 150 Fast	
WD: 400 Bk/BR	Total: 2200

Sprint/Stroke

WU:200 pull, 100 FR	300
8x25 Kick Stroke on '40	200
8x25 Fly on '35	200
8x25 BR on '40	200
4x50 breast arms/dolphin kick (15 sr)	200
4x75	300
#1,3) FL-BR-FL (fast FL)	
#2, 4) BR-FL-BR (fast BR)	
WD: 300 FR	Total: 1700

Mid Distance/Stroke

WU: 200 FR pull, 200 FR kick	400
9x 100 BK on 2:15	900
3x #3 100 Kick, Drill, Swim	
Drill: 2) 6 kick switch, 5) Salute, 8)One arm/50	
200 BK pull	200
100 BK kick streamline	
200 BK swim	200
8x 25 Fast BK	200
WD: 100 BR	Total: 2000