

## Beginners Workouts

### Distance and Sprint

#### Distance/Breath Control

WU: 100 BR 100 FR 100 Kick choice	300
4x50 Breath Control (odds every 5, evens 7) on 1:00	200
Breath Control Pyramid at 20sr	600
50 every three (fast)	
75 every five (strong)	
100 every seven (moderate)	
150 every nine (distance per stroke)	
100 every seven (moderate)	
75 every five (strong)	
50 every three (fast)	
4x 50 descend (holding every five strokes/breath)	200
WD 200 BK	Total: 1300

#### Sprint/Stroke

WU: FR SKPS (100 swim, 100 kick, 100 pull, 100 swim)	400
4x50 on 1:00 (strong)	200
12 x 25 on '30/'35	300
4xFly	
4xBack	
4xBreast	
4x Free	
WD: 2x 100 FR	Total: 1100

#### Mid Distance:

WU: 100 BR, 100 BK	200
6 x 200 (odds FR, evens stroke) 20 sr	1200
WD:100 FR	Total: 1500

#### Sprint/mid distance:

WU: 200 BR pull	200
6x75 FR	450
odds: fast-easy-fast	
evens: easy-fast-easy	
2x 100 FR Build to sprint	200
1 x 200 sprint FR for time	200
WD: 100 BR kick on back	Total: 1150

## Beginners Workouts

### Distance and Sprint

#### Sprint/Stroke

WU: 200 pull, 100 FR	300
4 x 25 dolphin kick stream line fast	100
2x 50 one arm FL strong	100
1x 100 FL strong	100
WD: 150 BR	Total: 750

#### Mid Distance/Stroke

WU: 200 FR pull, 200 FR kick	400
6x 75 BK (kick, drill, swim)	450
Kick: streamline on back	
Drill: #1,4=kick switch, #2,5= Salute, #3,6 double arm	
Swim: fast turnover strong into wall	
2x 100 BK, good rotation, strong into walls	200
WD: 100 FR	Total: 1150