

Swim Workouts

Beginners/Drills (~1000yards)

Freestyle/drills

WU: 100 FR kick, 100 FR pull, 100 FR swim	300
8x50 (20sr) Drill down, swim back	400
1) Zipper Drill	
2) Catchup Drill	
3) Shark Fin Drill	
4) Zipper Catchup Drill	
3x100 (2:00min or 20sr) swim build to fast finish	300
WD: 100 choice	
Total: 1100	

Breaststroke/drills

WU: 100 FR kick, 100 FR pull, 100 FR swim	300
4x25 BR kick (whip kick, long glide)	100
4x 75 BR drills: (15sr)	300
1) BR arm pull (with pull bouy/no kick)	
2) One arm/two kick (streamline in glide)	
3) BR arms with dolphin kick (speed on water entry/high hips)	
4) BR with 5 second glide hold	
3x 50 BR swim (pullouts, speed on arm recovery, glide) (on 1:15 or 15sr)	150
WD: 100 FR	
Total: 950	

Backstroke/Drills

WU: 200 kick rotation, (hands by sides: 6 kicks on side, front, side) 100 FR	300
4x100 BK Drills on 2:00 or 20sr	400
1) 6 Kick switch (good rotation, shoulder out of water)	
2) Salute (each stroke salute forehead to catch)	
3) Catchup (either at water surface or 90degree from water surface)	
4) 50y with one arm/50 with other arm (shoulder rotation, hand by side)	
Endurance pyramid: 50 BK, 75 BK, 100 BK, 75 BK, 50 BK	350
WD: 100 double arm backstroke	
Total: 1150	

Swim Workouts

Beginners/Drills (~1000yards)

Butterfly/Drills

WU: 4x through [50 FR kick, 50 skull (hands out back and forth motion,) 50 swim]	400
4x 25 dolphin roll (hands at side, keeping head still)	100
4x25 one arm butterfly (alternating arms)	100
4x25 dolphin dives (dive down to the bottom, push off, regular fly stroke back down)	100
4x25 Butterfly (20sr)	100
WD: 150 FR	

Total: 950

Individual Medley/Drills

WU: 4x [4x50: 1)kick 2)Drill 3)Build 4)Swim]	400
#1 FR: kick, zipper/catchup drill, build, swim	
#2 BR: kick, 1pull2kick drill, build, swim	
#3 BK: kick (streamline on back,) 6kick switch drill, build, swim	
#4 FL: dolphin roll kick (hands by side,) 1 arm/25 drill, build, swim	
4x75 working transition turns on 1:45 or 20sr	300
1)Fly, Back, Beast	
2)Back, Breast, Free	
3)Breast, Free, Fly	
4) Free, Fly, Back	
3x 100 IM:	300
#1 Kick	
#2 Drill: FL:3,3,3 BK: 6kswitch, BR: 1Pull2kick, FR: zipper/catchup	
#3 Swim	
WD: 100 on back breaststroke	

Total: 1100