

Advance Workouts
Drills/Strokes (~2000)

Freestyle:

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| 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)

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| 4x 100 (25 Drill, 75 strong) on 2:00 | 400 |
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#1 Zipper, #2 Catchup, #3 Sharkfin, #4 Closed fist

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| WD: 100 BR | Total: 1800 |
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Backstroke:

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| 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

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| WD: 150 FR | Total: 2000 |
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Breaststroke:

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|------------------------------------------|-----|
| 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

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| 8X 50 BR on 1:15 | 400 |
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Descend #1-4, #5-8)

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|-----------------------------------------------|-----|
| Short Pyramid BR: 25, 50, 75, 100, 75, 50, 25 | 400 |
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|------------|-------------|
| WD: 100 FR | Total: 1900 |
|------------|-------------|

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Butterfly:

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|----------------------------------------------------------|-----|
| 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

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|--------------------------------------------------------|------|
| 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