



## Beginner

Warm Up  
200 free easy  
200 kick choice  
Main Set  
8 x 50 sprint choice r.i. :20  
4 x 100 kick choice r.i. :20  
Warm Down  
400 easy free  
=1,600

## Intermediate

Warm Up  
400 free easy  
200 kick choice  
4 x 50 IM order r.i. :20  
Main Set  
12 x 50 sprint choice r.i. :20  
4 x 100 kick choice r.i. :20  
Warm Down  
4 x 50 IM order r.i. :30  
400 easy free  
=2,400

## Advanced

Warm up  
500 easy free  
200 choice kick  
8 x 50 IM order @ 1:00  
Main Set  
16 x 50 on 100 free sprint r.i. :20  
6 x 100 kick choice r.i. :20  
Warm Down  
8 x 50 IM order r.i. :30  
400 easy free  
=3,300

## Beginner

Warm Up  
400 easy free (every 3rd 25 do a free [drill](#))  
4 x 50 pull free @ 1:30  
Main Set  
4 x 25 free r.i. :15  
2 x 50 free r.i. :10  
100 free  
Rest 1:00 then repeat above 2 times  
Warm Down  
200 easy free  
= 1,400

## Intermediate

Warm Up  
400 easy free (every 3rd 25 do a free [drill](#))  
8 x 50 pull free @ 1:00  
Main Set  
8 x 25 free r.i. :10  
4 x 50 free r.i. :05  
200 free  
Rest 1:00 then repeat above 2 times  
Warm Down  
400 Easy free  
= 2,400

## Advanced

Warm Up  
500 easy free ([drill](#) every 3rd 25)  
10 x 50 pull free @ :50  
Main Set  
8 x 25 free @ :30  
4 x 50 free @ :45  
200 free @ 2:50  
Rest 1:00 then repeat above 3 times  
Warm Down  
500 easy free  
= 3,300

Key: r.i. = stands for rest interval. In other words how much rest you get after each swim.



# Test Day!!

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The goal for today is to see how far you can go on the 10:00 swim main set. Keep your total yardage jotted down somewhere so when we do it in the future you can see improvement.

## **Beginner**

Warm up

300 (150 free/150 free kick)

4 x 50 25 free [drill](#)/25 free swim r.i. :20

Main Set

10:00 minute swim – swim as many yards as you can in 10:00, keep track of how far you go.

Warm Down

200 easy free

## **Intermediate**

Warm Up

400 (200 free/200 free kick)

8 x 50 25 free [drill](#)/25 free swim @ 1:10

Main Set

10:00 minute swim – swim as many yards as possible in 10:00, keep track of how far you go.

Warm Down

4 x 50 free @ 1:10

400 easy free

## **Advanced**

Warm Up

600 (300 free/300 free kick)

10 x 50 25 free [drill](#)/25 free swim @ 1:00

Main Set

10:00 minute swim – swim as many yards as possible in 10:00, keep track of how far you go

20 x 50 free pull @ :50

Warm Down

20 x 25 free kick/free swim @ :30

400 easy free