

# Swim Workouts

(1)  
Warm-up # 1 .....300 yds  
5 x 100's sw-15" rest bet. ....500 yds  
200 swim down real easy.... 200 yds  
*Total ..... 1000 yds*

(2)  
Warm-up # 1 .....300 yds  
10 x 50s sw - 10" bet. Each...500 yds  
200 swim down real easy ...200 yds  
*Total ..... 1000 yds*

(3)  
Warm-up # 1 .....300 yds  
500 swim .....500 yds  
200 swim down real easy.... 200 yds  
*Total ..... 1000 yds*

(4)  
Warm-up # 1 .....300 yds  
8 x 100's sw-15" rest bet. .... 800 yds  
150 swim down real easy.... 150 yds  
*Total ..... 1250 yds*

(5)  
Warm-up # 1 .....300 yds  
16 x 50s sw -10" bet. each. ...800 yds  
150 swim down real easy.... 150 yds  
*Total ..... 1250 yds*

(6)  
Warm-up # 1 .....300 yds  
800 swim .....800 yds  
150 swim down real easy ...150 yds  
*Total ..... 1250 yds*

(7)  
Warm-up # 2 .....500 yds  
4 x 200's sw-20" rest bet. ...800 yds  
200 swim down real easy...200 yds  
*Total ..... 1500 yds*

(8)  
Warm-up # 2 .....500 yds  
16 x 50s sw - 10" rest bet. each 800 yds  
200 swim down real easy.... 200 yds  
*Total ..... 1500 yds*

(9)  
Warm-up # 2 .....00 yds  
800 swim .....800 yds  
200 swim down real easy.... 200 yds  
*Total ..... 1500 yds*

(10)  
Warm-up # 2.....500 yds  
5 x 100's sw -15" between. each. .500 yds  
10 x 50's k-15" rest bet. each. .500 yds  
250 swim down real easy.... 250 yds  
*Total ..... 1750 yds*

(11)  
Warm-up # 2 .....500 yds  
1 x 100 sw-15" rest bet. each.  
2 x 50's k-10" rest bet. each.  
do this set 5 times .....1000 yds  
250 swim down real easy.... 250 yds  
*Total.....1750 yds*

(12)  
Warm-up # 1 .....300 yds  
500 sw; 400 pull;  
300 kick; 200 sw; 100 pull.1500 yds  
200 swim down real easy.... 200 yds  
*Total.....2000 yds*

(13)  
Warm-up # 2 .....500 yds  
1000 swim .....1000 yds  
500 Drill .....500 yds  
250 swim down real easy.... 250 yds  
*Total .....2000 yds*

(14)  
Warm-up # 3 .....800 yds  
Stroke Drill .....500 yds  
10 x 100's sw-15" rest between ea. .1000 yds  
200 swim down real easy...200 yds  
*Total .....2500 yds*

(15)  
Warm-up # 3 .....800 yds  
Stroke Drills..... 500 yds  
5 x 200 sw-20" rest bet. each. 1000 yds  
200 swim down real easy...200 yds  
*Total .....2500 yds*

Warm-ups  
Warm-up # 1  
200 sw, 50 k, 50 sw .....300 yds  
Warm-up # 2  
300 sw, 100 k, 100sw .....500 yds  
Warm-up # 3  
500 sw, 200k, 100 sw .....800 yds