

TRISWIM

Endurance Workout

200 yds one arm drill (make sure that you hold your glide arm in place when gliding; should be straight out)

200 yds catch up (breathe bilaterally; every 3 strokes)

200 empty pool water drill (freestyle swim, but fling as much water as you can out of the pool)

100 yds fist drill

200 yds $\frac{3}{4}$ catch up (breathe bilaterally; every 3 strokes)

Main set:

50 yds

100 yds

200 yds

300 yds

300 yds

200 yds

100 yds

50 yds, rbi (rest between intervals) 30 – 15 sec.

Total 2200 yds

Speed Workout

100 yds one arm drill (make sure that you hold your glide arm in place when gliding; should be straight out)

200 yds catch up (breathe bilaterally; every 3 strokes)

100 yds fist drill

200 yds $\frac{3}{4}$ catch up (breathe bilaterally; every 3 strokes)

Main set:

50 yds x 6 (25 easy, 25 sprint) rbi 20 sec.

100 yds x 10 sprint with fins, rbi 15 sec.

50 yds x 6 (25 sprint, 25 count your stroke; 19 and below is a good count), rbi 15 sec.

Total 2200 yds