

TRISWIM

Endurance Workout

Drills

100 yd warm up
100 yd alternating side drill with fins
100 yd finger tip drag drill
100 yd catch up
100 yd $\frac{3}{4}$ catch up

Main Set

50 yds tempo, rbi 10 sec.
100 yds tempo
200 yds tempo
300 yds tempo
300 yds tempo
200 yds tempo
100 yds tempo
50 yds tempo

200 yd cool down

Total yds: 2000 yds

Speed Workout

Drills

100 yd warm up
100 yd catch up
100 yd $\frac{3}{4}$ catch up

Main Set

25 yds x 8 sprint, rbi 15 sec
50 yds x 4 sprint, rbi 20 sec
50 yds x 8, rbi 20 sec (25 yd easy, 25 yd sprint)
100 yds x 4, speed rbi 20 sec (fins)

200 yd cool down

Total yds: 1700 yds