



November Distance Workout

Warm-up:

1x300 easy choice
4x50 kick choice
1x300 easy pull

Pre-set:

8x50 descend 1-4 and 5-8. Get your heart rate up a little.

Main Set:

10x100 descend 1-8, recover/easy swim on 9 & 10. Descend about 8-12 seconds from the 1st to 8th 100. Or 75% effort level to 88/90% effort level. Use 100's 9 & 10 for active recovery! Descending 100's gets you ready to swim a straight 800 and finish hard!

Main Set:

1x800 negative split on second 400.

Cool Down:

100 easy

Total: 3,100 yds

November Sprint Workout

Warm-up:

300 stroke
300 free

Technique:

400 stroke drills

Kicking:

10x50 1:20 interval

Pulling:

800 negative split

Set:

3x400 rest interval – 1:00
50 easy – 50 fast – 100 easy – 100 fast – 50 easy – 50 fast

Cool Down:

200 easy

Total: 3,500 yds