



January Distance Workout

Warm-up:

1,000 free

Include drills and kicking

Kicking:

8x100 kick free, every 2:00

odds – easy

even - fast

Pre-Set:

10x100 free, every 1:50

odds – drills technique

even – swim technique

Main Set:

4x100 free, every 2:00

400, all out.

Drill Set

8x25 free

12.5 kick all out and 12.5 swim all out

Cool Down:

300 easy

Total: 4,100 yds

January Sprint Workout

Warm-up:

200 pull w/buoy, 15 sec. rest b/t 200's. These are long and easy.

200 pull w/buoy using paddles

200 pull w/buoy with closed fists

200 pull w/buoy

Pre-Set:

8x50, on 1:00

come off the turn using your non-dominant arm to stroke first

Set:

12x50, on :55

alternating pull w/buoy and full swim by 50's. Make the swim 50's at least 5 sec. faster!

Kick Set:

6x50, on 1:15

25 back kick/25 breast kick

Cool Down:

300 easy

Total: 2,400 yds