



### **July Endurance Strength Workout**

#### Warm-up:

300 easy

#### Pull Set: (no paddles)

12x50, closed fists on 10s RI

Swim the 50's in cycles of 4

First one is all fists, second one is 75% fists then swim, third one is 50% fists then swim, fourth one is 25% fists then swim.

#### Kick Set: (use fins)

8x100 on 2min RI

Odds are kick with board

Evens are kick w/out board

Descend in 2s (so #7 and #8 are fastest)

#### Main Set:

Twice through [6x200] 30s RI for first set

Descend #1 to #6, and subtract 5s RI per set

The long rest on the first set will tempt you to go hard early, show discipline and maintain good form.

#### Cool Down:

200 easy

Total: 4300 yds

### **July Sprint Workout**

#### Warm-up:

300 freestyle

Pull 6x150 on 15s RI, steady pace

#### Kick Set:

10x200, descend by 2s, at least 20s RI, use fins

Odds are kick with board

Evens are kick w/out board

#### Main Set

4x400, easy 50 between each 400 set

#1 is 4x100 on 10s RI

#2 is 200, 100, 2x50 on 10s RI

#3 is 50, 100, 150, 100 on 10s RI

#4 is 200, 4x50 on 10s RI

100's and 50's are race pace, 150's and 200's are steady pace (no faster)

#### Cool down:

200 easy

Total: 5200 yds