

Thursday, March 7, 2024 - Sprint Workout

Yards	Time	Set	Interval
700	14	Warm up: 200 swim 200 FRIM 100 kick 4 x 50 drill/build by 25	R:20 1:00
500	10	Pre set (2 rounds): 4 x 25 spin drill (overly fast tempo) 50 easy 2 x 25 (1/2 fast, 1/2 easy) 50 easy	:40 1:00 :30 1:00
800	20	Main set: 3 x 100 best average - :15 rest <i>no more than 2 swimmers at a time</i> 150 easy 6 x 50 best average - :10 rest <i>no more than 2 swimmers at a time</i> 150 easy	
500	12	Kick set: 4 x 75 fast kick odds: 50 w/ board, 25 on back evens: 50 on back, 25 w/ board 8 x 25 UW kick odds: high amplitude, work on flexibility evens: sprint	1:30 :45
100	3	100 easy swim	
200	5	Finisher: 150 sprint from push <i>Go all out the whole swim, but focus on pushing the back half</i> Rest no more than 2:00 50 sprint from a dive	
200	4	Warm down: 8 x 25 4/3/2/1 BPL	R:10
3000	68		