Workout 1:

WARMUP
150 yd choice

MAIN SET x 2
100 yd freestyle
100 yd streamline kick
200 yd IM drill
100 yd pull
100 yd freestyle

Rest 15 seconds between each 100
Rest 1 minute between each set
Goal: Have consistent time between set 1 & set 2

Cool Down
150 yd choice
Workout 2:

WARMUP
150 yd choice
200 yd kick
150 yd choice

MAIN SET x 2
8 x 25 IM order
4 x 50 yd reverse IM order
200 yd IM

Rest 15 seconds between each 25
Rest 20 seconds between each 50
Rest 1 minute between each set

Cool Down
8 x 25 yd drill choice
100 yd slow choice

Created by: Seth K
Workout 3:

**WARMUP**
200 yd
alternate between freestyle and stroke choice by 50

**MAIN SET x 3**
3 x 75 yd
1: swim, 2: kick, 3: swim
100 yd sprint
4 x 25 yd
easy/fast, fast/easy, fast, easy

Set 1: Butterfly
Set 2: Backstroke
Set 3: Breaststroke

Rest as needed within each set
1 minute rest between sets

**Cool Down**
100 yd slow choice