

LANE 6

MOST OF THIS WORKOUT IS UNTIMED SO THAT YOU CAN FOCUS ON PERFECTING YOUR STROKE. DO THESE SETS *EXACTLY* AS WRITTEN. GET INTO A GROOVE AND THINK AS YOU ARE SWIMMING – HOW COULD I BE SWIMMING BETTER? EACH SWIMMER **GOES 10 SECONDS APART**. DON'T CROWD EACH OTHER ON THESE.

WARM UP:

- 4 x 25 choice @ :30
- 4 X 25 CORKSCREW: SLOW, SMOOTH STROKES, FULL ROTATION ALL THE WAY AROUND.
- 4 X 25 STREAMLINE CORKSCREW. STAY TIGHT ALL THE WAY THROUGH – DON'T CHEAT! USE A STRONG CORE TO ROTATE FORCEFULLY.
- 2 X 25 HAND LEAD **RIGHT**. KICK ON SIDE, **RIGHT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*
- 2 X 25 HAND LEAD **LEFT**. KICK ON SIDE, **LEFT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*

- 400 swim every 4th length ABF
- 300 pull NO paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 400 swim every 3rd length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 400 swim every other length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 dolphin kick with fins

COOL DOWN: 300 EASY CHOICE

TOTAL = 3400

LANE 5

MOST OF THIS WORKOUT IS UNTIMED SO THAT YOU CAN FOCUS ON PERFECTING YOUR STROKE. DO THESE SETS *EXACTLY* AS WRITTEN. GET INTO A GROOVE AND THINK AS YOU ARE SWIMMING – HOW COULD I BE SWIMMING BETTER? EACH SWIMMER **GOES 10 SECONDS APART**. DON'T CROWD EACH OTHER ON THESE.

WARM UP:

- 4 x 25 choice @ :30
- 4 X 25 CORKSCREW: SLOW, SMOOTH STROKES, FULL ROTATION ALL THE WAY AROUND.
- 4 X 25 STREAMLINE CORKSCREW. STAY TIGHT ALL THE WAY THROUGH – DON'T CHEAT! USE A STRONG CORE TO ROTATE FORCEFULLY.
- 2 X 25 HAND LEAD **RIGHT**. KICK ON SIDE, **RIGHT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*
- 2 X 25 HAND LEAD **LEFT**. KICK ON SIDE, **LEFT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*

- 400 swim every 4th length ABF
- 300 pull NO paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 400 swim every 3rd length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 400 swim every other length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 dolphin kick with fins

COOL DOWN: 300 EASY CHOICE

TOTAL = 3400

LANE 4

MOST OF THIS WORKOUT IS UNTIMED SO THAT YOU CAN FOCUS ON PERFECTING YOUR STROKE. DO THESE SETS *EXACTLY* AS WRITTEN. GET INTO A GROOVE AND THINK AS YOU ARE SWIMMING – HOW COULD I BE SWIMMING BETTER? EACH SWIMMER **GOES 10 SECONDS APART**. DON'T CROWD EACH OTHER ON THESE.

WARM UP:

- 4 x 25 choice @ :30
- 4 X 25 CORKSCREW: SLOW, SMOOTH STROKES, FULL ROTATION ALL THE WAY AROUND.
- 4 X 25 STREAMLINE CORKSCREW. STAY TIGHT ALL THE WAY THROUGH – DON'T CHEAT! USE A STRONG CORE TO ROTATE FORCEFULLY.
- 2 X 25 HAND LEAD **RIGHT**. KICK ON SIDE, **RIGHT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*
- 2 X 25 HAND LEAD **LEFT**. KICK ON SIDE, **LEFT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*

- 400 swim every 4th length ABF
- 300 pull NO paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 400 swim every 3rd length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 400 swim every other length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 dolphin kick with fins

COOL DOWN: 200 EASY CHOICE

TOTAL = 3300

LANE 3

MOST OF THIS WORKOUT IS UNTIMED SO THAT YOU CAN FOCUS ON PERFECTING YOUR STROKE. DO THESE SETS *EXACTLY* AS WRITTEN. GET INTO A GROOVE AND THINK AS YOU ARE SWIMMING – HOW COULD I BE SWIMMING BETTER? EACH SWIMMER **GOES 10 SECONDS APART**. DON'T CROWD EACH OTHER ON THESE.

WARM UP:

- 4 x 25 choice @ :30
- 4 X 25 CORKSCREW: SLOW, SMOOTH STROKES, FULL ROTATION ALL THE WAY AROUND.
- 4 X 25 STREAMLINE CORKSCREW. STAY TIGHT ALL THE WAY THROUGH – DON'T CHEAT! USE A STRONG CORE TO ROTATE FORCEFULLY.
- 2 X 25 HAND LEAD **RIGHT**. KICK ON SIDE, **RIGHT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*
- 2 X 25 HAND LEAD **LEFT**. KICK ON SIDE, **LEFT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*

- 200 swim every 4th length ABF
- 300 pull NO paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 300 swim every 3rd length ABF
- 200 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 300 swim every other length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 100 HIGH SWINGERS
- 100 dolphin kick with fins

COOL DOWN: 300 EASY CHOICE

TOTAL = 3000

LANE 2

THIS WORKOUT IS UNTIMED SO THAT YOU CAN FOCUS ON PERFECTING YOUR STROKE. DO THESE SETS *EXACTLY* AS WRITTEN. GET INTO A GROOVE AND THINK AS YOU ARE SWIMMING – HOW COULD I BE SWIMMING BETTER? EACH SWIMMER **GOES 10 SECONDS APART**. DON'T CROWD EACH OTHER ON THESE.

WARM UP:

- 4 x 25 choice
- 4 X 25 CORKSCREW: SLOW, SMOOTH STROKES, FULL ROTATION ALL THE WAY AROUND.
- 4 X 25 STREAMLINE CORKSCREW. STAY TIGHT ALL THE WAY THROUGH – DON'T CHEAT! USE A STRONG CORE TO ROTATE FORCEFULLY.
- 2 X 25 HAND LEAD **RIGHT**. KICK ON SIDE, **RIGHT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*
- 2 X 25 HAND LEAD **LEFT**. KICK ON SIDE, **LEFT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*

- 300 swim every 4th length ABF
- 200 pull NO paddles – **BILATERAL BREATHE**
- 100 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 300 swim every 3rd length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 300 swim every other length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 dolphin kick with fins

COOL DOWN: 300 EASY CHOICE

TOTAL = 2900

LANE 1

THIS WORKOUT IS UNTIMED SO THAT YOU CAN FOCUS ON PERFECTING YOUR STROKE. DO THESE SETS *EXACTLY* AS WRITTEN. GET INTO A GROOVE AND THINK AS YOU ARE SWIMMING – HOW COULD I BE SWIMMING BETTER? EACH SWIMMER **GOES 10 SECONDS APART**. DON'T CROWD EACH OTHER ON THESE.

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- 4 x 25 choice
- 4 X 25 CORKSCREW: SLOW, SMOOTH STROKES, FULL ROTATION ALL THE WAY AROUND.
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- 2 X 25 HAND LEAD **RIGHT**. KICK ON SIDE, **RIGHT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*
- 2 X 25 HAND LEAD **LEFT**. KICK ON SIDE, **LEFT** ARM EXTENDED. *FACE IN WATER EXCEPT WHEN BREATHING.*

- 300 swim every 4th length ABF
- 200 pull NO paddles – **BILATERAL BREATHE**
- 100 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 300 swim every 3rd length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 kick *with fins* – *MAKE A WAKE*

- 300 swim every other length ABF
- 300 pull WITH paddles – **BILATERAL BREATHE**
- 200 HIGH SWINGERS
- 100 dolphin kick with fins

COOL DOWN: 300 EASY CHOICE

TOTAL = 2900