

WEEK **1-1**

PURPOSE: Establish a baseline stroke count and stroke rate, build strength, and work on the feel for the water.

WARM-UP

400 straight-through @ 1:00 rest **60-65%**

200 free / 50 kick / 100 free / 50 kick

The 50 kicks can be with or without a board.

10 × 25 pull with buoy @ 0:30, 0:40, 0:50, or 1:00.....

Odds: Easy **60-65%**

Evens: Build to **90%**

CHOOSE
INTERVAL FOR
0:05-10 REST

100 easy **60-65%**

MAIN SET

12 × 50 free @ 0:50, 1:00, 1:15, or 1:30.....

CHOOSE INTERVAL
FOR 0:15-30 REST

4 rounds:

50 easy **60-65%** / 50 moderate **70-75%** / 50 fast **90-95%**

	R1	R2	R3	R4
EASY	_____	_____	_____	_____
MOD.	_____	_____	_____	_____
FAST	_____	_____	_____	_____

ROUNDS 1, 3: HAVE A FRIEND
OR COACH TAKE YOUR STROKE RATE.

ROUNDS 2, 4: COUNT YOUR STROKES.

WORKOUTS

KICK SET

6 × 50 kick with board @ 1:00, 1:15, 1:30, or 1:45 **75-80%**

Sprint the last 12.5 of each 50 **100%**

STRENGTH SET

3 × 0:30 press-outs (up to 8 max) @ 0:45 rest

DRILL/SWIM SET

4×

0:30 standing scull drill @ 0:45

100 free build @ 1:40, 2:00, 2:15, or 2:30..... **CHOOSE INTERVAL FOR 0:10-20 REST**

Beginning **70-75%** → **90-95%**

BONUS SET

5 × 100 @ 1:40, 1:50, 2:10, or 2:30 **70-75%**..... **CHOOSE INTERVAL FOR 0:05-15 REST**

25 Tarzan drill / 75 free

WARM-DOWN

100 easy **60-65%**

TUBING SET

4 × 15-25 full pulls..... **REST 1:00-1:30 BETWEEN SETS**

Odd sets free, even sets fly

Don't worry about the numbers. They're just a reference point. The important part is that you did something healthy today.

TOTAL: 2150 (2650 with bonus set) + tubing