

## WEEK 2-2

**PURPOSE:** Incorporate feel and high-elbow catch drills throughout swim sets as a reminder that these are vital elements of the swim stroke.

## WARM-UP

**2x**

**100** free @ 1:30, 1:45, 2:00, or 2:15 **60-65%**

**50** kick with board @ 1:00, 1:20, 1:40, or 2:00 **60-65%**

**0:40** standing scull drill @ 1:00

**2 x 25** one-arm drill @ 0:30, 0:40, 0:50, or 1:00 **60-65%**

Please do great streamlines off the wall!

CHOOSE INTERVAL  
FOR 0:10-20 REST

## MAIN SET

**2x**

**5 x 100** free, descend 1-5 @ 1:40, 1:50, 2:00, or 2:15

1st 100 **60-65%** → **90-95%** by 5th 100

**100** easy @ 1:40, 2:00, 2:20, or 2:40 **60-65%**

**50** catch-up drill / **50** swim

**2 x 25** free @ 0:35, 0:40, 0:50, or 1:00 **90-95%**

**0:30** standing scull drill @ 1:00

Make sure you hold the water on the fast parts of this set. Don't spin your wheels!

CHOOSE INTERVAL  
FOR 0:10-20 REST

## WORKOUTS

### KICK SET

**4 × 75** kick with board @ 1:45, 2:00, 2:15, or 2:30.....

25 moderate **70-75%** / 25 fast **90-95%** /

25 moderate **70-75%**

CHOOSE  
INTERVAL FOR  
0:15-25 REST

### BONUS SET

**5 × 50** free @ 0:35, 0:45, 0:55, or 1:10 **85-90%**.....

Choose an interval that's really tough. This isn't a descending set; it's strong and fast all the way. Challenge yourself!

CHOOSE INTERVAL  
FOR NO MORE  
THAN 0:05 REST

**100** easy @ 1:40, 2:00, 2:20, or 2:40 **60-65%**.....

50 catch-up drill / 50 swim

CHOOSE INTERVAL  
FOR 0:20-30 REST

**2 × 25** free fast @ 0:40, 0:50, 1:00, or 1:15 **90-95%**.....

**0:30** standing scull drill

### WARM-DOWN

**100** easy **60-65%**

### TUBING SET

**4×**.....

1:00-1:30 REST BETWEEN SETS

**15-20** full pulls

**5-10** triceps-only

*Free or fly, your choice*

TOTAL: 2100 (2500 with bonus set) + tubing