Abbreviations/Terminology

P-pulling, PP-pulling w/paddles, Pa-paddles, T-tubes, S-swim, K-kick, Ri-rest interval, EMF-easy-medium-fast, D-descending, D5 descend by groups of 5, B-build, SP-sprint, BWRD-backward (reverse order), FSSB-front-side-side-back, Fr-Free, Br-Breast, Ba-Back, Fl-Butterfly, Ch-choice, #2-favorite non-free stroke, #3-2nd fav non-free stroke, #4-worst non-free stroke, B-stroke you do best in a meet (most likely free or #2), weak-stroke in IM where you are left behind or people catch up to you, FF-feet first, <1:10 means hold time under 1:10 which may include the rest intervals, Rot-Rotation, Tr-transitions (Fl/Ba, Ba/Br, Br/Fr), Comp-complements (Fl/Br, Ba/Fr), K/S 25 means alternate kicking and swimming every 25, PEq-pulling equipment

Adjust times to fit your ability (sample alternate times given) and equipment available.

Workout 1 – 4150

S 600 Med/Fr BWRD

P 500 Fr on 7:00 (7:30, 8:00)

PP 550 Fr on 7:00 (7:30, 8:00)

S 600 Fr on 7:00 (7:30, 8:00)

K 2 x 400 Med/Fr, Ch

S 1 x 200 #2 <2:30 (2:45, 3:00)

S 2 x 100 #2 Ri=10s, <2:35 (2:50, 3:05)

S 4 x 50 #2 Ri= 10s, <2:40 (2:55, 3:10)

S 8 x 25 #2 Ri=10s, <3:20 (3:35, 3:50)

S 12 x 25 on :30, 100 IM rot, EMF

Workout 2 – 4000

S 100Fr, 400 Med/#2

P 20 x 25 Fr on :20 (:25, :30)

PT 10 x 50 Fr on :45 (:50, :55)

S 5 x100 Fr Ri=15s, <6:30 (7:00, 7:30)

K 4 x 125 Ch Ri=10s

S 1 x 500 Neg Split 100’s (<1:10, 1:20, 1:30)

P or K 8 x 50 #3 1:00

S 4 x 50 #3 Ri=0s, 5s, 10s, 15s

Workout#3 – 3850

S 600 Med/Fr BKWD

4 x {P/K 100 Med Rot, S 100 IM} on 3:00 (3:15, 3:30)

2 x 400 IM broken with rest intervals:

1. S 25-50-75-100-75-50-25 Ri=10s, <6:00 (6:15, 6:30)
2. S 25-7x50-25 Ri=10s

K 400 Ch

PPT 500 Fr

S 4 x 125 Fr Ri=20s, <6:20, 6:50, 7:20)

SP 10 x 25 Ch