

All,

Below is a listing of 10 workouts your swimmers can use if they want to practice during the off season when a coach is not available. I have split the workouts into 3 different intensity levels depending on your swimmer skill level or conditioning level. If a stroke is not specified then it is swimmers choice and if no rest interval is specified it is 1 minute. These workouts are designed to maintain a swimmer's conditioning. It is difficult to design a one size fits all workout as all swimmers have different needs! I tried to incorporate a little variety. I hope you all enjoy!

Lvl 1 Workouts

Work out #1

100 Swim Choice

100 Kick Choice

100 Catch Up stroke

5 X 100 Free-style 1 min rest between each one

3 X 100 Kick 1 Min rest 90% effort

100 Choice (cool down)

100 Kick Choice (cool down)

1300 Meter total

Work out #2

100 Swim Choice (warm up)

100 Kick Choice (warm up)

10 X 50 Odd Numbers Free even Numbers Choice, 30 Seconds rest, medium effort working on stroke efficiency

4 X 100 little more intensity then above, same even and odd as above. 1 Min rest between each

2 X 100 One arm Free Style Drill

200 Choice (cool down)

1500 Meter Total

Work out #3

200 Swim Choice

100 Kick Choice (with fins)

100 Pull Choice

2 X 100 One armed butter fly Drill with fins (45 seconds rest)

4 X 50 Even- Butterfly, odd Free-style, off the blocks (30 Seconds Rest)

2 X 100 Concentration Breast Stroke Drill (count one second after the pull, kick and glide)

4 X 50 Even Breast Stroke, odd Back Stroke off the blocks (30 seconds rest) 100 Breast stroke kick 200 Free (Cool Down) 100 Kick Choice (Cool down) 1600 Total

LVL 2 Workouts

Workout #4

200 Swim Warm up

200 Kick Warm up

100 Catch Up Drill

100 One arm Free Style Drill

5 X 200 Progressive Free Style, one min rest

2 X 200 Progressive Free Style Kick, one min rest 200 Swim Cool Down 200 Kick Cool Down

2400 Total

Work out #5

200 Swim

200 Kick (fins)

200 Pull

3 X 200 Free Style Fins and paddles

2 X 200 Free Style Kick with fins

1 X 200 Free Style Sprint, no fins no paddles 200 Catch Up Drill 200 Swim Cool Down 200 Kick Cool Down 2400 Total

Work out # 6 (Free can be substituted with another stroke) 200 Swim (Warm Up) 100 Kick (Warm Up) 100 Pull (Warm Up) 10 X 100 Free moderate effort 1 min rest

6 X 50 Free Sprint Effort, 2 min rest between (off the blocks)

3 X 100 Free, Easy concentrating on Stroke

2 X 50 Free Sprint Effort 2 Min Rest between (off the blocks) 200 Swim Cool Down 200 Kick Cool Down 2500 Total

Work out # 7

400 Swim (warm up, mixed strokes)

3 X 250 Swim (150 Back, 100 Breast) 1 min rest between 250's

3 X 250 Swim (50 Fly, 50 Back, 50 Breast, 100 Free, last 50 Free Sprint!) 200 Catch up Stroke

100 Free (cool down) 200 Kick (Cool down) 2400 Total

LVL 3 Workouts

Work out #8

200 Swim

200 Kick (fins)

200 Pull

200 Catch Up Drill

5 X 400 Progressive Free Style 1:30 Min Rest

4 X 50 Free Style Sprints off the block

400 Cool down Swim

3400 Total

Work out # 9

400 Swim (warm up)

2 X 100 One armed butterfly with fins

3 X 200 IM, 1 min rest

2 X 100 2,2,2, butterfly drill

6 X 100 Odd Butterfly, even choice

8 X 50 IM Order, off the blocks 2 min rest, sprint pace 200 Swim Cool Down 200 Kick Cool Down 2800 Total

Work out #10

300 Swim (warm up)

300 Kick (warm up fins optional)

1 X 200 Drill of choice (strongest stroke)

6 X 150 (alternating one easy effort one hard effort, swimmers strongest stroke) 30 seconds rest

2 X 400 Free Broken by 100, 15 seconds rest, Progressive

1 X 200 Free style drill of choice

10 Gaspers Choice of strokes

300 Swim Cool down

3500 Total

Please let me know if you have any questions!

Warm Regards,

Coach Travis