

### **LONG FREE WORKOUT**

400 swim choice / 300 kick - freestyle  
6 x 150 50 kick-50 drill-50 swim on 15 sec rest, freestyle  
4x400 descend each 100 of each 400 (2nd 100 faster than 1st  
100, 3rd 100 faster than 2nd 100, 4th 100 faster than 3rd  
100) on 20 sec. rest  
8 x 50 25 drill, 25 swim backstroke  
100 EZ

### **LONG STROKE WORKOUT**

200 free swim / 200 stroke swim / 200 stroke drill / 200 choice kick w/ no board  
6 x 100 stroke - 25 kick, 25 left arm, 25 right arm, 25 swim on 15 sec. rest  
4 x 200 stroke (#1 kick, #2 drill, #3 swim, #4 FAST swim)- all same stroke, no free, on 15 sec rest  
100 EZ  
4 x 200 stroke (same as 1st 4) - all same stroke, no free (may be different than 1st 4) on 15 rest  
8x50 drill freestyle  
100 EZ

### **LONG IM WORKOUT**

300 free swim / 200 kick choice  
5 x 100 IM drill on 15 sec rest  
8x 50 IM order 25 drill, 25 swim on 10 sec rest  
  
8 x 200 IM on 15 sec rest (#1- fly hard, #2- back hard, #3- breaststroke hard, #4 free hard and  
repeat for #5-8)  
8x50 free, no more than 3 breaths per 50 on :55  
100 easy

### **LONG KICK WORKOUT**

100 drill choice / 200 kick choice / 300 stroke swim / 400 Free swim  
300 stroke swim / 200 kick choice / 100 drill choice  
  
400 kick every 4th length hard, no board  
4 x 100 kick on 2:00 or 2:20(if slower kicker)  
4 x 50 kick on 1:00 or 1:10(if slower kicker)  
600 pull, breath pattern: 50 breathing every 3rd- 50 breathing every 5th  
200 EZ