

Drills / Speed

Warm-up

300m: Steady – 20s rest

200m: Kick with fins – 20s rest

100m: At race pace – 10s rest

200m: Drills 50m each – sidekicks, fingertip drags, fewest strokes, regular swim – 20s rest

Main Set

300m: Steady, every third length fast -- 30s rest

200m: Steady, every second length fast – 20s rest

100m: FAST!

4 x 50m: Kick – 20s rest

200m: Pull Buoy – 20s rest

Cool down

200m: Steady