



# Lisa's Swim Club Workouts

Coach Lisa Dunnivan

[www.chateauwhite.com/swim](http://www.chateauwhite.com/swim)

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**April 10, 2006: Monday**

**2350m**

## Warm up

400 Free  
200 Choice

## Pre-set

3 x 25 Free Kayak

2 x 75 Free Breath control on the 25's.  
1st 25m - Breathe every 5 strokes  
2nd 25m - Breathe every 7 strokes  
3rd 25m - Breathe every 9 strokes

125 Free Breath control on the 25's.  
1st 25m - Breathe every 3 strokes  
2nd 25m - Breathe every 5 strokes  
3rd 25m - Breathe every 7 strokes  
4th 25m - Breathe every 3 strokes  
5th 25m - Breathe every 5 strokes

## Main Set

4 x 200 Choice Swim, Kick, Pull, Sprint on the 50's  
(50m Swim, 50 Kick, 50m Pull, 50m Sprint)

2 x 50 Free Sprint for Time

2 x 100 IM Build on the 25's

2 x 50 Free Sprint for Time

## Cool Down

200 Choice Easy

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