



Sport & Health Fredericksburg Swim Club Workouts

Coach Lisa Dunnivan

www.chateauwhite.com/swim

April 12, 2006: Wednesday

2050m

Warm up

300 Free
200 Choice

Pre-set

4 x 75 IM order 1st 25 – Kick (so first 75 is all Fly, 2nd 75 is all Back, etc.)
2nd 25 - Pull
3rd 25 - Swim

Main Set

8 x 25 Free Sprint!

6 x 50 2 of the 6 are Free, 2 are Back, 2 are Breast

2 x 75 Free Breath control on each 25m of the 75
1st 25m - Breathe every 3 strokes
2nd 25m - Breathe every 5 strokes
3rd 25m - Breathe every 7 strokes

2 x 100 IM

1 x 200 Free Negative Split on the 100's

Cool Down

200 Choice Easy

DRILLS

Stroke	Drill Name	Description
Any	IM order	Butterfly, Back, Breast, Free
Any	Negative Splits	Split distance in half, try to swim second half faster than the first half
