



Sport & Health Fredericksburg Swim Club Workouts

Coach Lisa Dunnivan

www.chateauwhite.com/swim

April 15, 2005: Saturday 2200m

Warm up

400 Free Swim
200 Choice Swim

Pre-set

4 x 50 Choice 25m Underwater-Go as far as you can on 1 breath using a pull-out stroke, then swim the rest
25m Kick

Main Set

4 x 75 Free 25m All out Sprint!
25m Pull Only
25m Kick hard, focus on the kick, but still use your arms

4 x 75 IM order 25m each Fly, Back, Breast
25m each Back, Breast, Free
25m each Breast, Free, Fly
25m each Free, Fly, Back

100 Back Easy

4 x 75 Free 25m All out Sprint!
25m Pull Only
25m Kick hard, focus on the kick, but still use your arms

Cool Down

100 Back Easy

100 Choice Easy

