



Sport & Health Fredericksburg Swim Club Workouts

Coach Lisa Dunnivan

www.chateauwhite.com/swim

April 17 2006: Monday 2700m !

Warm up

400 Free
200 Choice

Pre-set

4 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 5 strokes

3 x 50 Back 6 Kicks per Side

2 x 25 Back

Main Set

4 x 100 IM

6 x 50 Odd Sets - Free
Even Sets - Choice Build

8 x 25 Choice Sprint

4 x 125 Choice 25m EZ, 75m Sprint, 25m EZ

Cool Down

200 Choice Easy
