



# Sport & Health Fredericksburg Swim Club Workouts

Coach Lisa Dunnivan

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

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## April 19, 2006: Wednesday 2950m

*this is a long workout for >1hour, or do what you can!*

### Warm up

400 Free  
200 Choice

### Pre-set

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 5 strokes

4 x 50 Fly 25m Slither Down, 25m Single Arm Fly

### Main Set

4 x 100 Free All Out! 25m@80, build to sprint

8 x 50 Odd Sets - Choice of Drill  
Even Sets - Free Sprint

2 x 200 Choice Build on the 25's

4 x 100 Choice SKIP (Swim, Kick, IM order swim, Pull)

8 x 25 IM Order Sprint

### Cool Down

200 Choice Easy

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