



# Sport & Health Fredericksburg Swim Club Workouts

Coach Lisa Dunnivan

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

---

## April 22, 2006: Saturday 2500m

### Warm up

400 Free  
200 Choice

### Drill Set

2 x 100 Free Breath control on each 25m of the 100  
1st 25m - Breathe every 5 strokes  
2nd 25m - Breathe every 7 strokes  
3rd 25m - Breathe every 9 strokes  
4th 25m - Breathe every 3 strokes

### Main Set

5 x 150 100 Free Sprint  
50 Choice Easy  
5 x 150 100 Choice Sprint  
50 Free Easy

### Cool Down

200 Choice 50m Swim  
50m Kick  
50m Underwater  
50m Drill

---