



Sport & Health Fredericksburg Swim Club Workouts

Coach Lisa Dunnivan

www.chateauwhite.com/swim

April 24, 2006: Monday 2400m

Warm up

500 SKIPS (Swim, Kick, IM, Pull, Swim)

Drill Set

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

Main Set

4 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

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

100 Choice Easy

8 x 50 Choice Odd - Sprint
Even - Pull Easy

100 Choice Easy

8 x 25 Free Sprint

Cool Down

200 Choice Easy
