



# Sport & Health Fredericksburg Swim Club Workouts

Coach Lisa Dunnivan

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

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**April 26, 2006: Wednesday**

**2400m**

## Warm up

300 Free  
200 Choice

## Drill Set

8 x 50 Free Odd Sets - Swim 10 Strokes Fast, 10 strokes slow, try for <20 per length  
Choice Even Sets - Swim 10 Strokes Fast, 10 strokes slow, try for <20 per length

## Main Set

9 x 100 Broken Swim the Box, 1 Box Free, 1 Box Back, 1 Box Choice

\* Substitute choice drill for Breath Control on Back, Choice

25 Sprint	10 Sec Rest	75 Breath Control 3,5,7
50 Sprint	15 Sec Rest	50 Sprint
75 Breath Control 3,5,7	20 Sec Rest	25 Sprint

## Cool Down

200 Choice Easy

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