

Swim TEST SET Workout: (2100/2300 yards)

Warmup: (600)

300 swim

4 x 50 kick w/:20 rest

4 x 25 on :15 rest, build up to a fast finish

Stretch

Technique Set: (400)

8 x 25 freestyle drill w/ :15 rest

odd 25's swim w/fists clenched

even 25's Side-Kick w/6 kicks on each side

Pyramid (400): freestyle at A2-level (low aerobic) **holding pace**

25 – 50 – 75 – 100 – 75 – 50 – 25, on XX seconds / 25

Instructions: Your goal on this set is to hold exactly the same pace for the whole set; estimate your time for 100 yards at low-to-moderate aerobic (A2) effort and divide by four to get your 25-yard pace. Add 10-15 seconds to get your per-25 interval.

Suggested per-25-intervals: Iron Group - :35; Gold Group - :40.

Example: My goal is a 1:16 100-yard pace, so my 25-yard pace is $76/4 = 19$ seconds. I add 11 seconds to get my interval, 30 seconds per 25. So, I do:

25 yards on :30, goal time :19

50 yards on 1:00, goal time :38

75 yards on 1:30, goal time :57

100 yards on 2:00, goal time 1:16

75 yards on 1:30, goal time :57

50 yards on 1:00, goal time :38

25 yards on :30, goal time :19

Main Set: Timed benchmark swims (400/600)

Gold Group: 8 x 50 freestyle on 3:00

Iron Group: 12 x 50 freestyle w/ :10 rest

Instructions: Your goal is achieve the fastest average time for the entire set. Swims are timed from when you feet leave the wall until when your hand touches. You will pair off, timing and recording your partner's swims.

Gold: partners will alternate swimming, every 90 seconds; your set is primarily a test of speed, so go as fast as you can maintain. Make sure you're out of the water in time to time your partner!

Iron: one partner will time while the other does the set; then you will switch. These swims are almost continuous, so this is primarily a test of endurance. Don't kill yourself in the first 200, and **do not cheat** by taking more than :10 rest. The swimmer is responsible for timing his/her own rest; the timer is only responsible for timing the swims. Timers should not try to reset the watch between swims; just note the split time.

Warmdown: (300)

100 easy

4 x 25 w/:10 rest, your choice of skulling.

100 easy