

Swim Kick Workout: 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 – I strongly recommend stretching hams and quads!

Technique: 2 sets of 6 x 25 drill w/:15 rest, as follows (300)

#1 – side-kick, 3 kicks per side

#2 – side-kick, 6 kicks per side

#3 – side-kick, 12 kicks per side

#4 – kick head-up (no board, sculling in front w/hands)

#5 – kick on back (i.e., backstroke kick)

#6 – spiral kick (back-front-back-front-etc.) 6 kicks/side

Main Set: 6 x 150 kick (1200)

note, if you cannot do this set at a reasonable pace, you may use zoomers or fins; otherwise do it without them!

6 x 150 kick (broken as follows) at **EN** (aerobic) level

- Each 150 is broken into a 25, a 50, and a 75, with 15 seconds rest after each of them. *Last 8 yards of each distance is at **Threshold** pace – just a little harder!*
- After each 150, do a 50 swim at **EN** level (i.e., rest your legs, but keep your heart/lungs working).
- Regroup by lane after the 50 swim; the lane leader should start the next 150 about 10-15 seconds after the last swimmer finishes.
- Try to maintain a consistent pace for the whole set.

6 x 25 drill (to recall how to use arms again) w/:15 rest (150)

#1,4 – your choice of sculling

#2,5 – fists drill

#3,6 – swim with good DPS, **build** to a fast finish.

Cooldown: 150 easy swim (150)