

Junior / Gold

(ok...you guys and girls know the drill! Do this sets on any day, in any order, and it's ok to repeat. You understand the design of the sets. Feel free to mix/match/add/ch/st/ etc. Swim for the training category)

Workout #1

w.u. – 4x150ch (k50/d50/s50) @ :20ri)(RECI)

10x100 – odds =fr@10ri (aerobic set-up) evens ch, nofr build @ :30ri (EN1)

4 rounds of...

200IM fast @:10ri (SP1)

+

100fr easy @1:00ri (RECII)

200 warm-down.....3,000 mtr/yds

WORKOUT #2

w.u.- 400ch

“Borbas Ladder” (EN1/EN2)

5x50fr@:10ri

4x100IM@:20ri

3x150ch,no fr (s50/k50/s50) @:30ri

2x200 pull buoy only @:40ri

1x250 pull w/paddles@ 50ri

2x200 pull buoy only

3x150ch, no fr (s50/k50/s50)@:30ri

4x100IM @:20ri

5x50fr@:10ri..... 3,400 mtrs/yds

WORKOUT #3

w.u.- 16x50 fr w/fins (s2x50 + k2x50) @:10ri

1x800fr w/fins...descend 200's (EN2-EN3-SP1)

2:00ri

2x400fr pull...long, smooth, DPS@1:00ri (EN2)

8x100IM switch@:30ri (EN1)

#1=50fly+25bk+25br

#2= 50bk+25br+25fr

#3= 50br+25fr+25fly

#4= 50fr+25fly+25bk.....2 rounds

3,200mtrs/yds

WORKOUT #4

**w.u.- 300ch swim@:30ri, 3x100ch k@:15ri, 300fr pull@1:00ri,
3x100ch@:30ri**

18X50fr (EN1-SP1)

1@:12ri/ 1@:09ri/ 1@:06ri -1ez, 1med, 1fast

2@:12ri/ 2@:09ri/ 2@:06ri -2ez, 2med, 2fast

3@:12ri/3@:09ri/3@:06ri -3ez, 3med, 3fast

12x75ch@:20ri (25fast kick/50pace swim) (EN1)

3,000mtrs/yds

WORKOUT #5

w.u. –reverse 600IM (50s/50k/50s)

3 rounds of...(1:30 between rounds)

200fr@:15ri (aerobic set-up)

2X100st (80%)@:20ri (EN1)

4x50fr build to sprint@:40ri (SP2)

8x25 ch blast!! w/fins@:30ri (SP3)

400 ez swim...loosen. YOU NEED TO DO IT ALL 😊

3,400mts / yds