

## Workout Details

Week One

Day 1

**Skills:** freestyle (front crawl) and backstroke work, timed 200 free (optional), breaststroke and butterfly assessment

**Goals:** improve stroke technique and generate understanding of stroke efficiency, complete 200 free as a benchmark to assess improvement in the coming weeks (optional), assess abilities in breaststroke and butterfly (if interested)

**Time:** 1.5 hrs

**Equipment needed:** kick boards

### Itinerary

Time	Task	Set
7:00-7:10	Introduction	
7:10-7:30	Warm-up (700)	4*100 Free on 2:30 4*50 Back on 1:10 4*25 Free w/ Stroke Count on 45
7:30-7:45	Mini-Set (600)	2*50 Free on 1:00 2*50 Back on 1:00 Above twice 4*25 Butterfly on 45 4*25 Breaststroke on 45
7:45-7:55	Timed 200 Free (200)	Heats of 4 per lane, if opt out, 200 choice at a good pace
7:55-8:00	Flush Set (200)	200 Choice easy, encourage kicking
8:00-8:15	Endurance Set (750)	6*125 (100 freestyle w/ 25 best non free) on 2:30
8:15-8:25	Endurance Set 2 (450)	6*75 k/d/s on 1:45
8:25-8:30	Cool Down (200)	200 Choice easy, encourage kicking and remember to not forget stroke technique
	Total	3100

Week One  
Day 2

**Skills:** freestyle (front crawl) and backstroke work, breaststroke and butterfly assessment

**Goals:** improve stroke technique and generate understanding of stroke efficiency, continuation of Tuesday's stroke work and assessment in set form

**Time:** 1.5 hrs

**Equipment needed:** kick boards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run and re introduction	
7:05-7:30	Warm-up (800)	800 SKPS Freestyle or Backstroke, can put a pace time if preferred
7:30-7:50	Mini-Set (800)	Pyramid Set 50,100,200,300,200,100,50 On 50 per 50
7:50-8:05	Set 2 (600)	2*150 Breaststroke KDS on 2:40 2*150 Fly/Bk KDS on 2:40
8:05-8:15	Freestyle stroke improvement set (400)	16*25 Free w/ Stroke count and feedback on 45
8:15-8:27	Cross Fit Set (300)	12*25 Free (w/ wall sets (vertical kick, squats, active rest) on 1:00
8:27-8:30	Cool Down (100)	100 Choice easy, encourage kicking and remember to not forget stroke technique
	Total	3000