

Workout of the Month

By Bob Schmitz

General warm-up 10 minutes

200 Kick

200 Pull

200 Swim

4 x 100 on 10 Rest Interval as (50 Kick breast / 25 swim breast / 25 EZ free)
Increase speed of 25 swim



3 x 200 (3 x 50 breast + 50 EZ free) Start with easy interval for 50's and drop 5 seconds at a time.

4 x (4 x 25 free)

- 1st set: swim super slow: focus on maintaining balance through rotation side to side
- 2nd set: a little faster but still slower than normal focus on balance
- 3rd: normal speed, balance and add focus of keeping stroke long
- 4th set: moderately fast with long balance strokes

3 x (broken 200 + EZ 100)

- #1 broken 20 sec with @ 50
- #2 75 (rest 15); 75 (rest 15); 50
- #3 broken 10 sec each 50

200 cool down