

Favorite Training Sets



Aerobic Training

Anaerobic Training

Underwater Development

Skill Development

Aerobic Training Set

200 IM Build Set

3 Rounds of:

25 Fly

50 Fly

50 Fly/25 Back

50 Fly/50 Back

Add a lap until you finish the round with a 200 IM

Rd 1 on :20 second base

Rd 2 on :25 second base

Rd 3 on :30 second base

100 easy at the end of each round.

Idea is to go max effort on each round timing the 200 IM at the end. Total is 3K

Anaerobic Training Set

Goal 200 Pace Set

4 Rounds of:

3x25's max @ :20

50 all out kick @ :50

50 goal 200 pace @ 1:30

Can do a round of each stroke to add up 200 IM time or primary stroke for goal 200 time.

Idea is to tax the system and see if you can perform at the end of each round seeing how close you can come to goal 200 times.

Underwater Kick Set

Goal – Master kick count and speed

4x(4x50, 100 @ 1:30) 100's flop/kick/perf form/kick

round 1 – 50's @ 50 +3 kick count

round 2 – 50's @ 1:00 +2 kick count

round 3 – 50's @ 1:10 +1 kick count

round 4 – 50's @ 1:20 race kick count/speed

Goal is 12 ½ -15m off walls

+3 should be good size kicks focusing on body position

speed will be descending to round 4

Skill Development

Goal – Determine/Feel Bodyline

1-2x done as warm-up or warm down

3x100 – from dive (flat back) – fish kick 20m – flat back kick

10 breath interval

3x50 - 15m bodyline kick, 35m build to 200 pace (last 2 cycles)

2x100 – from dive (pike) – fish kick 20m – scull bodyline 30m

2x50 – build to 100 pace (last 3 cycles)

1x100 – 15m bodyline kick, 25m swim, 15m championship finish

1x50 – slow deliberate swim

Feel as connected through set as possible