

Meridian Rolling Hills Club
Swim Workouts by Susie Powell

Workout #5	1000 Yards 40 laps	1500 Yards 60 laps	2000 Yards 100 laps
Warm-up	S100, K100	3 X (S50, K50)	4X (S75, K25) Reverse IM
Main Set	S100, K75, S50, S25	S100, K75, S50, S25	S100, K75, S50, S25
	K100, S75, K50, K25	K100, S75, K50, K25	K100, S75, K50, K25
	8 X 25 faster than you usually go, R20	Repeat above 2 sets	Repeat above 2 sets
			4 X 75 S, R15
Swim-down Choice	100 EASY	200 EASY	300 EASY

Abbreviations:

S = swim

K = kick

R = rest

D = drill

K/S = kick/swim

IM = Individual Medley: butterfly, back, breast, free

Fr = free style

Fly = butterfly

Br = breast stroke

Bk = back stroke

Ch = your choice of stroke

E = easy

H = hard

on: = time interval

For private lessons to learn drills, improve workouts, or core clinics with Susie

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