

Meridian Rolling Hills Club
Swim Workouts by Susie Powell

Workout #6	1050 Yards 42 laps	1500 Yards 60 laps	2000 Yards 100 laps
Warm-up	S200 Easy	S100, K100, S100 IM	S200 = 4x50 D/S
Main Set	K for 5 minutes or 8 laps	K for 5 minutes or 8 laps	K for 5 minutes or 8 laps
	S200,R1:00; S100 R20; S50, R10	2x (S200, R1:00; S100 R20; S50, R10)	2x (S200, R1:00; S100 R20; S50, R10)
	S100, R15; S100, R10 S50	S100, R15; S100, R10 S50	2x (S100, R15; S100, R10; S50, R5)
			50 Easy
Swim-down Choice	50 EASY	50 EASY	150 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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