



Uncoached Swim Workouts from Coach Tracey

Week of Feb 11-17

#2- endurance and some speedwork

Warm up:

Sw/kk/pull/sw x 100's OR 200's if you are in the shark lane

Main:

6 x 400 as:

#1: 200 @ 75% - 200 @ 85% :20r

#2: 4 x 100 @ 90% on 1:45 OR 1:55 OR :10r

#3: 400 easy pull

#4: 8 x 50 hard! On :15r

#5: 400 with fins & paddles, as 75 easy, 25 sprint! :30r

#6 16 x 25 (or 8 x 50 if in a LC pool)

working on excellent streamlining...only 6 strokes allowed for each 25! (because you have streamlined so far) on :05r/25

Cool:

400 drill/swim set...drill up, swim down