

SWIM ROUTINE

1. 5-8 X 100 METERS (20 SECOND REST INTERVAL (RI))
2. T-PACE TEST: AFTER A GOOD WARM-UP, SWIM 3 X 100 METERS WETH 20 SECONDS REST BETWEEN EACH SWIM. DETERMINE YOUR AVERAGE PACE PER 100 BASED ON THE 3 SWIMS. THIS AVERAGE PACE SHOULD DECREASE (GET FASTER).
3. WARM-UP: 100 TO 300 SWIMMING, 100 TO 300 KICKING, 100 TO 300 SWIMMING. MAIN SET: 5 TO 8 X 100 AT T-PACE PLUS 1-3 SECONDS, ZONE 1 TO 2 INTENSITY (10-15 SECOND RI)
4. WARM UP: 100 TO 300 SWIMMING, 100-300 FORM DRILLS, 100 TO 300 SWIMMING
MAIN SET: 6-10 X 50 AT T PACE MINUS 1-5