

SPRINT SWIMMING WORKOUT

10 SETS OF 50 METERS

REST 30 SECONDS, THEN 20, THEN 10 BETWEEN SETS

EVERY 1:10 MINUTES BEGIN ANOTHER 50 METERS

6 SETS OF 75 METERS

EASY, HARD, EASY

HARD, EASY, HARD

EASY, HARD, EASY

SET A TIME TO GO , NO MATTER WHAT, EVEN IF YOU ONLY HAVE LITTLE REST