Swim Workout #4

Category: Advanced

Workout Goal: Sprinting and breath control

• This workout includes a series of swim drills with intense sprinting for both crawl stroke and for IM

Total Distance: 2700 yards

• 300 yards freestyle warmup
  (vary the strokes and use all 4 strokes during the warmup)

• 10 x 25 yards windsprints resting :30 between each length
  (swim each length without taking a breathe)

• 200 yards crawl, counting strokes per length
  (try to reduce the number of strokes on subsequent lengths)

• 10 x 25 yards windsprints resting :30 between each length
  (swim each length without taking a breathe)

• 200 yards crawl, counting strokes per length
  (try to reduce the number of strokes on subsequent lengths)

• 4 x 100 IM resting :45 between 100
  (if you are not tired from the wind sprints, reduce your rest time to :30)
- 250 crawl breathing drill
  25 breathing every 6th stroke
  50 breathing every 5th stroke
  75 breathing every 4th stroke
  100 breathing every 3rd stroke

- 4 x 100 IM resting :45 between 100
  (if you are not tired from the wind sprints, reduce your rest time to :30)

- 250 crawl breathing drill
  25 breathing every 6th stroke
  50 breathing every 5th stroke
  75 breathing every 4th stroke
  100 breathing every 3rd stroke

- 200 freestyle warmdown
  (swim slowly and relax)

  **Useful Information:**
  - 25 yards is one length of the pool
  - You will sprint different strokes in the IM, and alternate lengths of hard swimming and easy swimming.
  - Be sure to swim all strokes in both the warm up and the warm down
  - By thinking about your technique on the swim drills, good form will become automatic for you.

**Stay tuned for a new swim workout every week and visit our Aquatics page for online workouts and tutorials!**

“I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.' “

— *Muhammad Ali*