

# Swim Workout #4

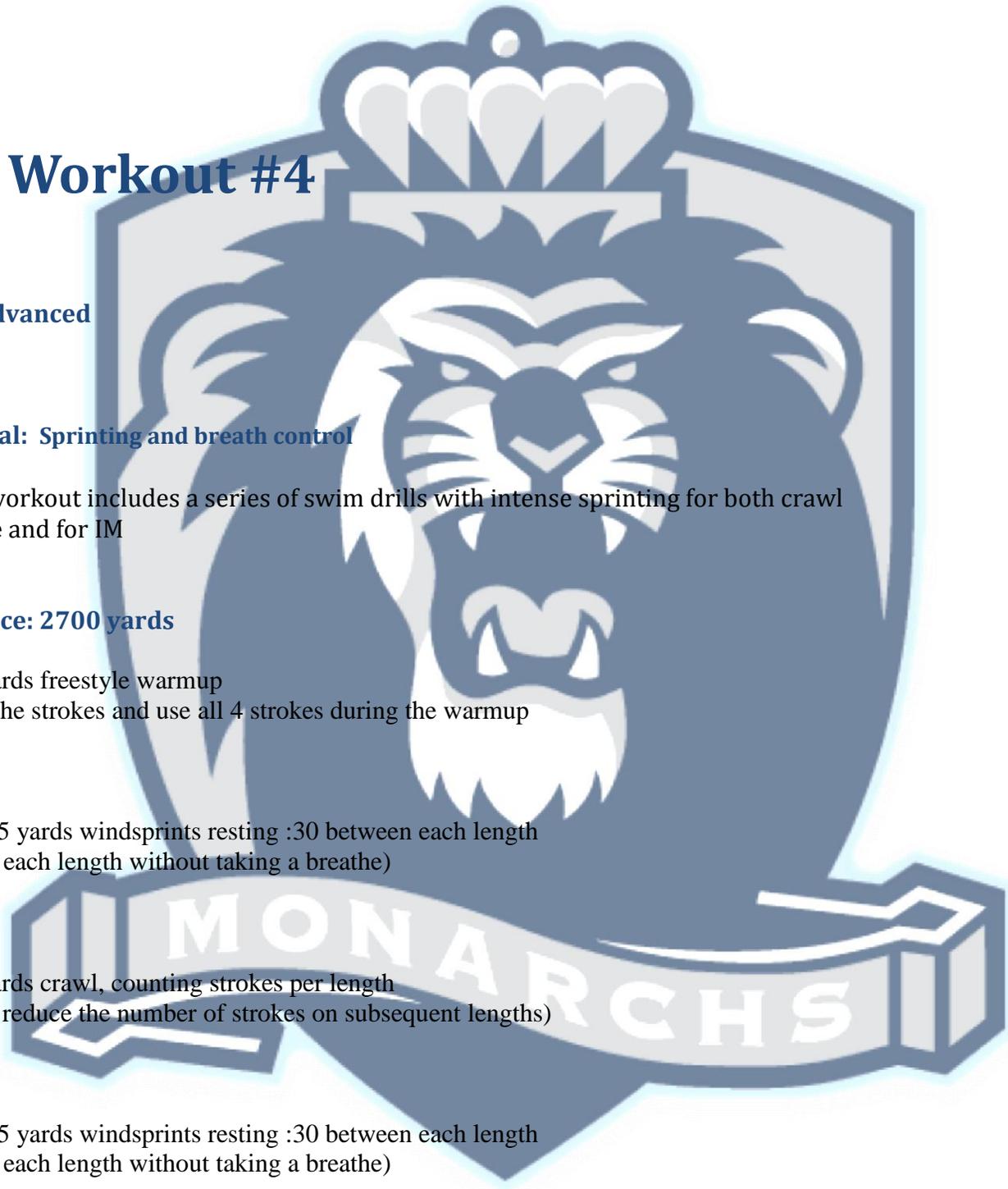
**Category: Advanced**

**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*

