Swim Workout #5

Category: Advanced

Workout Goal: Sprinting and breath control

Total Distance: 2600 yards

- 200 yards freestyle warm-up
  (vary the strokes and use all 4 strokes during the warm-up)

- 10 x 25 yards wind sprints resting :30 between each length
  (swim each length while taking minimal breathes)

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

- 10 x 25 yards wind sprints resting :30 between each length
  (swim each length while taking minimal breathes)

- 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 warm-down
  (swim slowly and relax)

Useful Information:
• 25 yards is one length of the pool

• The swim drills where you count your strokes will help you with consistency

• The 250 yard crawl breathing drill will help you experiment with different breathing patterns. You can breathe on your dominant side for the even breath lengths, then use bilateral breathing on the odd breath lengths

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

“The best way out is always through”

— Robert Frost