

WOODSIDE SPRING BREAK WORKOUTS!!!

Monday - Freestyle Aerobic

Dryland plank/back plank/wall sit

400 Swim

300 Choice/Free

200 Kick/Choice

10x100 free @ best interval from 1:00-2:00

4x

4x25 streamline flutter kick @ :30

3x50 free @ :45 strong kick, good turns

1x150 free build to fast finish working best turns and streamlines @ 2:15

400+ choice

100+ Warm Down

Tuesday - Sprint all strokes/Kick focus

Dryland push up/squat/lunge

400 Swim

300 Choice/Free

200 Kick/Choice

30x25 dolphin kick @ :30 streamline on stomach or back.

10x

50 choice @ :40-:60(tight interval) +

3x25 choice @ :30 fast +

:10-:40 rest between rounds

400+ choice

100+ Warm Down

Wednesday - Free/Stroke Aerobic

Dryland crunches/leg lifts/bicycles/twists

400 Swim
300 Choice/Free
200 Kick/Choice

10x100 free @ best interval from 1:00-2:00

5x
25 fly @ :30 +
50 fly back @ :45 +
50 back breast @ :45 +
50 breast @ :60 +
50 breast free @ :45 +
25 free @ 1:15

400+ choice set

100+ warm down

Thursday - Quality and Race Pace

Dryland same as Monday.

Choice 1000 warm up

12x75 @ 1:00-1:30 odds fly/back/breast evens free

Quality Set, your choice:

30x50 free @ :50-1:10(getting :20-:30 rest) @ 200 free pace

OR

24x50 stroke or IM @ :50-1:20 same as above

OR

40x25 stroke to free @ :30-:40(getting :10-:20 rest) @ 100 stroke pace and when fail go to all out free

400+ choice set

100+ warm down

Friday - Kick Set, sprints

Dryland same as Tuesday and Wednesday combined

400 Swim

300 Choice/Free

200 Kick/Choice

10x100 free or stroke @ best interval.

12x75 kick @ 1:30 best average(different than best interval!) w board or streamline on stomach or back. All one stroke, go fastest you can on each one.

8x50 free or stroke @ :60 broken 400. So you get your time on each 50, add up at end and get your 400 free or stroke time!

100+ warm down