

Workout of the Month

By Bill Davis

OLYMPIC DAY OF DOOM WORKOUT

10 minute warm-up - choice



Main and only set:

- 400 IM @ 7:00 / 8:30
- Option 2: 300 IM - 75 of each stroke

Triathletes: hard kick with fins

- 400 Free @ 7:00 / 8:00 - recover and refocus
- 100 Breast @ 2:00 / 2:15 / 2:30

Triathletes: Pull Buoy Only

- 100 Breast @ 2:00 / 2:15 / 2:30

Triathletes: Pull Buoy Only

- 200 Free @ 3:20/3:30/3:40
- 200 IM @ 4:00/5:00/5:30

Triathletes Full Pull

- 100 Fly @ 1:45/2:00/2:15

Triathletes Fast Free

- Walk to other end for the 50 Free Gold Medal Effort @ XX
- Rest 2:00 Extra
- 1500 swim @ XX (Option 2: swim 800 Free)