

ESTABLISHING FREESTYLE STROKE COUNT AND PACE

WARM UP: Swim 300 Kick 200 Pull 200

SET I: Use a moderately easy interval throughout Set I

Swim 6 X 25 - FREE

Set a comfortable stroke count per 25

3 X 50 - Set a pace at that stroke count

6 X 25 - Same stroke count as before

2 X 75 -

Same stroke count and same pace as the 50s

6 X 25 - Same stroke count as before

(TAKE EXTRA 30 SEC REST)

1 X 150 - Same pace and stroke count as 75's

100 EZ

SET II: Pull 300-200-100

Increase speed as distance shortens

SET III: 12 X 50 Doing 4 sets of these three 50s:

50 of 1st Stroke

50 with 25 of 1st stroke and 25 of a 2nd stroke

50 of 2nd stroke

SET IV: Pull 100-200-300

Increase speed as distance gets longer

Warmdown 100 easy