

Master Swimming Workout

Level 1	Total
Warm up	
300 swim	
300 kick	
300 pull	900
5x100 free breathe every 3 rest 15 secs	
4x100 kick your choice	
4x100 free work on turns	
3x100 kick your choice	2500
200 warm down	2700
Level 2	
Warm up	
300 swim	
200 easy/hard by 25	
300 kick	
200 pull	1000
4x100 drill of each stroke rest 10 sec	1400
3x100 im @ 1:50	
4x50 free @ 1:00	
200 fly kick in streamline on back rest 10 sec	
3x50 breast @ 1:00	
150 flutter kick on back rest 10 sec	
3x50 back @ 1:00	
150 breast kick rest 10 sec	
4x25 fly @ :30	
100 flutter kick	2900
200 pull long and strong	
200 warm down	3300

Level 3

Warm up

400 swim 50 free/50 stroke

200 IM drill

4x50 build 800

1 of each stroke

1x100 drill @ 2:00

4x 2x75 kick @ 1:30

3x50 build @ 1:00

4x25 hard @ :30 2800

400-300-200-100 pull

Last half of each distance is hard 3800

200 warm down 4000