

Regionals PREP

ADVANCED

WARM UP (700)

400 (100Fr – 50Ba – 100Fr – 50Br – 100Fr)

200 Kick (50Fly – 50Fr – 50Ba – 50Fr)

100 Free PULL – Medium Strength

Main Set (2300)

3 Times through (1200)

- 4 x 50 Free 1 – 4 Descending Pace on :50
- 100 Free Ludacris Speed! (AKA Race Pace, within 3 seconds of PB)
- 100 Easy + 1 minute rest

20 X 25's, ALL on :30 (500)

- 1-4 Descending: Free w/minimum 5 aggressive underwater kicks
- 5-8 Descending: Fly w/minimum 5 aggressive underwater kicks
- 9-12 Descending: Back w/minimum 5 aggressive underwater kicks
- 13-16 Descending: Breast
- 17-20 Descending: Free w/minimum 5 aggressive underwater kicks

3 x 200 Free PULL (600)

- Build Each on 2:45

COOL DOWN (200)

200 Free

My workouts from now till May will be designed to prepare you to race. Regardless of whether or not you attend meets, or the National meet, you can benefit from this!

These workouts will elevate your strength and endurance. YOUR GOAL should be to give your best effort to follow the goals for each set all the way through. That's it!

3200 Yards