



Distance Workout By: Coach Johnny Thon

Warm up:

1 x 600 Swim (200 swim, 200 kick, 200 pull)

Technique Set:

20 x 50 on 1:00/1:10/1:20

#1-10 Free Drill: 8 kicks on side, 3 freestyle strokes, switch

#11-20 Back Drill: 25 right arm, 25 left arm

Main Set:

12 x 150 on 2:15/2:30/2:45

2 pull with buoy and paddles

2 pull with paddles

2 swim

Repeat

Stroke Set:

10 x 50 Stroke on 1:00

Sprint Set:

32 x 25 on :30 with fins

4 kick, 4 swim

repeat

Cool down: 300 Free

Total: 5,000

