



Speed Workout By: Coach Scott Kemp

Warm up:

1 x 600 200 swim, 200 kick, 200 IM

Warm Up / Technique Set:

10 x 50 on decreasing interval

2 on 1:00, 3 on :55, 3 on :50, 2 on :45

Work on increasing your speed, 3 dolphin kicks off the wall, and high elbows (do not swing your arms wide)

Kick Set:

10 x 50 on 1:00 Dolphin kick with fins

Work on kicking from the hip, strong effort

Main Set:

5 x 200 on 3:30 Excellent effort

Odds Free, Evens IM

100 easy

Hypoxic Set:

20 x 25 on :30

#1 Breathe 4 times, #2 Breathe 3 times, #3 Breathe 2 times, #4 Breathe 1 time,

#5 No breaths, Repeat

Cool down: 200 Free

Total: 3,500

