



Sprint Workout by Coach Leslie Scott

Warm up: 800 as 200 swim, 200 choice no free, 200 kick, 200 pull

Preset:

16 x 25 Kick / swim with fins on :30
1-4: 2 dolphin kicks 8 strokes fast, rest easy
5-8: 4 dolphin kicks 6 strokes fast, rest easy
9-12: 6 dolphin kicks 4 strokes fast, rest easy
13-16: 8 dolphin kicks 2 strokes fast, rest easy
100 swim easy

Main Set:

Round 1: Repeat 4 times
3 x 25 easy free on :30
1 x 50 fast stroke on :50

Round 2: Repeat 4 times
2 x 25 easy free on :30
1 x 50 fast stroke on :55

Round 3: Repeat 4 times
1 x 25 easy free on :30
1 x 50 fast stroke on 1:00

Round 4: Repeat 4 times
1 x 50 fast stroke on 1:05

100 easy

Pull Set:

8 x 25 on :30
#1-2 breathe every 9, #3-4 breathe every 7, #5-6 breathe every 5, #7-8 breathe every 3

Cool Down:

200

Total: 3,200