



Distance Workout by Coach Leslie Scott

Warm up: 600 as 200 free, 100 choice no free, repeat

Pre-set:

4 x 100 free on 1:45

#1 alternate 25 right arm, 25 left arm

#2 6 kick drill

#3 Concentrate on feeling the water with forearm

#4 Perfect technique, think about distance per stroke

Main Set:

3 x 900 broken

#1 free, #2 free/stroke mix #3 free

200 pull moderate

100 kick fast

3 x 100 pace, good solid effort

2 x 150 swim with fins and paddles, excellent effort

Rest 10-15 seconds between swims

Rest one minute after each 900

or 3 x 600 broken

100 pull moderate

100 kick fast

4 x 50 pace, good solid effort

2 x 100 swim with fins and paddles, excellent effort

Pull Set: 200 pull breathe 3-5-3-7 throughout 200

Cool down: 3 x 100 alternate 50 free easy / 50 back easy

Total: 4,200