

Workout #2 Iain's Free/IM Lanes 1&2

W/U:

300m swim

200m pull

6 x 50m Drill/Swim (25m dr/25m sw)

Odds: Head up swim drill

Even: Swimmers choice drill

800m

MAIN SET:

400 m swim on 6:20 (1:30 pace)/6:40 (1:35 pace)/7:00 (1:40 pace)

Pick a pace time to get ~20 seconds rest

100 m easy IM (or free) on 2:30

300 m swim on 4:50 (1:30 pace)/5:05 (1:35 pace)/5:20 (1:40 pace)

100 m easy IM (or free) on 2:30

200 m swim 3:20 (1:30 pace)/3:30 (1:35 pace)/3:40 (1:40 pace)

100 m easy IM (or free) on 2:30

100 m swim 1:50 (1:30 pace)/1:55 (1:35 pace)/2:00 (1:40 pace)

100 m easy IM (or free) on 2:30

300 m swim on 4:50 (1:30 pace)/5:05 (1:35 pace)/5:20 (1:40 pace)

100 m easy IM (or free) on 2:30

200 m swim 3:20 (1:30 pace)/3:30 (1:35 pace)/3:40 (1:40 pace)

100 m easy IM (or free) on 2:30

100 m swim 1:50 (1:30 pace)/1:55 (1:35 pace)/2:00 (1:40 pace)

100 m easy on 2:30

2300m

COOL DOWN:

Swim OYO

Total = 3100m plus cool down

Workout #2 Iain's Free/IM Lanes 3 & 4

W/U:

200m swim

100m pull

6 x 50m Drill/Swim (25m dr/25m sw)

Odds: Head up swim drill

Even: Swimmers choice drill

600m

MAIN SET:

300 m swim on 5:50 (1:50 pace)/6:20 (2:00 pace)

Pick a pace time to get ~20 seconds rest

100 m easy on 2:30

200 m swim 4:00 (1:50 pace)/4:20 (2:00 pace)

100 m easy on 2:30

100 m swim 2:10 (1:50 pace)/2:20 (2:00 pace)

100 m easy on 2:30

300 m swim on 5:50 (1:50 pace)/6:20 (2:00 pace)

100 m easy on 2:30

200 m swim 4:00 (1:50 pace)/4:20 (2:00 pace)

100 m easy on 2:30

100 m swim 2:10 (1:50 pace)/2:20 (2:00 pace)

100 m easy on 2:30

1800m

COOL DOWN:

Swim OYO

Total = 2400m plus cool down