

Workout # 3 – Iain’s Brutal 50s Lanes 1&2

W/U:

300m swim

100m pull

100m kick

8 x 50 (25 drill/25 swim)

Swimmers Choice:

Catch up/finger drag/arm pit touches/fist drill/one arm x 2 /
“OK Drill”/ 6 Beats + 3 strokes

900m

MAIN SET:

8 x 100m with Fins on 2:00 (stretch it out!)

Focus on LOOOOONNNGGGG walls

800m

12 rounds of:

50 free hard on 0:45/0:50/0:55

25 recovery on 0:45/0:50/0:55

900m

3 x 200 Pull on 3:45

600m

COOL DOWN:

Swim OYO

Total = 3200m

Workout # 3 – Iain’s Brutal 50s Lanes 3 & 4

W/U:

200m swim

100m pull

100m kick

6 x 50 (25 drill/25 swim)

Swimmers Choice:

Catch up/finger drag/arm pit touches/fist drill/one arm x 2 /
“OK Drill”/ 6 Beats + 3 strokes

600m

MAIN SET:

6 x 100m with Fins on 2:15 (stretch it out)

Focus on LOOOOONNNGGGG walls

600m

10 rounds of:

50 free hard on 1:00/1:05/1:10

25 recovery on 1:00/1:05/1:10

750m

3 x 200 Pull on 4:15/4:30

600m

COOL DOWN:

Swim OYO

Total = 2550m