

# Aquatics Water Work-Outs

## Workout I



### Warm up

500 (300 Free/200 No Free)

### Main Set

2 X 100 Free Easy

2 X 100 Free Broken (75 easy, 25 fast 10 sec rest between 75 & 25)

2 X 100 Free Broken (50 easy, 50 fast 10 sec rest between 50s)

2 X 100 Free Broken (25 easy, 75 fast 10 sec rest between 25 & 75)

2 X 100 Free Fast

Take 1:00 rest between each 100

8 X 50 free on 1:10

8 X 25 sprints choice with :30 rest between each one

### Warm down

200 Choice

**Total Yds: 2,300**

## Workout II

### Warm up

200 Free

200 No free

200 Choice

### Main Set

1 X 200 Free

4 X 50 IM order

1 X 150 Free

3 X 50 (50 free, 50 back, 50 breast)

1 X 100 Free

2 X 50 (50 breast, 50 back)

1 X 50 Free

1 X 50 Fly

4X 75 choice (easy/sprint/easy)

8 X 25 working on breathing... every 3, 5, 7 strokes

All with :30 Rest in between

### Warm down

200 Choice

**Total Yds: 2,300**

## Workout III

### Warm up

500 Free

### Main Set

400 Free (building 100s 1 - 4)

100 easy

300 (choice down, free back)

100 easy

200 IM

100 easy

100 Free (sprint/easy

### Warm down

300 choice

**Total Yds: 2,300**

## Workout IV

### Warm up

200 swim, 200 kick, 200 pull

### Main Set

20 X 50s

1 - 4 building free (1 easy, 4 fast)

5 - 8 IM order drills

9 - 12 building no free (1 easy, 4 fast)

13 - 16 IM order kick

17 - 20 building choice(1 easy, 4 fast)

Rest :30-:45 between each

4 X 50 Free on 1:05

4 X 50 no free on 1:20

### Warm down

200 easy

**Total Yds: 2,200**