

Blue Workout 1 Long Axis

100 Free

100 Stroke

6 x 25 flutter kick @ :40 Streamline kick on back

2 rounds (300 Total)

All on 50s 1:15

50 1 arm back

50 double arm back

50 fast back

Rest

6 x 25 flutter kick @ :40 streamline kick on back

2 rounds (300 Total)

All 50s on 1:10

50 side balance kick

50 long free

50 fast free

3 x 100 free descend 1-3

Rest

3 x 50 back descend 1-3

Rest

4 x 25 free descend 1-4

Blue work out 2 Short Axis

100 Free

100 Stroke

4 rounds all 25s on :50 (300 Total)

25 flutter kick build easy to fast

25 breast kick build easy to fast

25 dolphin kick build easy to fast

Rest

4 x 50 on 1:40 drill/swim fly (drills suggested below)

No arm fly

1 arm fly

Single double single

Pull kick kick swing (hip delay fly)

Rest

4 x 50 on 1:40 drill/swim breast (drills suggested below)

Heal touch

3 second glide

2 kick 1 pull

Separation

15 to 20 seconds Rest on each swim

25 long free

50 build stroke

75 sprint last 25 free

100 build stroke

75 long free

50 sprint stroke

25 easy Free

Blue workout 3 IM

100 Free

100 Stroke

4 x 50 dolphin kick on 1:15 alternate front, L side, R side, back

6 x 50 on 1:20 practice proper IM turns

Fly/Back

Back/Breast

Breast/Free

1 x 100 easy free

20 seconds rest on each swim

4 x 25 IM order

3 x 50 build (Fly/Back/Breast)

2 x 75 IM(Fly/Back/Breast) drill

1 x 100 IM

100 easy