



50 Tri-Specific Swimming Workouts

by

TriSwimCoach

50 Tri-Specific Swimming Workouts

The workouts in this manual are designed to take around 1 hour to 1:15. They are in no particular order, but I will indicate if there is any specific focus, or what part of the training season they may be appropriate for. The "TOTAL" listed at the end means total yardage (or "meterage") for the workout.

Some workouts include strokes other than freestyle. If you don't know other strokes that's okay! Just substitute freestyle for anything you don't know how to do (and plan to take some lessons to learn other strokes!)

Abbreviations and terms are in **bold**. At the end I have included a glossary of terms. However, feel free to email me with questions if you do not understand something.

Enjoy!

Workout #1

WARM UP: 6x100's Free 25 **K**/25 Drill/50 Free **DPS** Drills: #1,2) Single Arm Free, 3,4) $\frac{3}{4}$ **Catchup**, 5,6) Fist Drill
MAIN: 2x(3x200) Free: Maintain Pace (either check your time after each 200 or check heart rate)
#1 **Cruise** +:10
#2 Cruise +:05
#3 Cruise
KICK: 8X50's (no board, fins ok) **Descend** 1-4, 5-8
BREATH CONTROL: 300 Free, breathe every 3-5-7 Strokes by 100's
WARM DOWN: 150 Choice
TOTAL: 2950

Workout #2

Good late season workout for Sprint distance triathlon

WARM UP: 300 done as: Every 3rd length Kick, 200 every 2nd length **Drill**, 100 Swim, build
MAIN: 4x100 1x50
3x100 2x50
2x100 3x50
1x100 4x50
100's: At least 25 yards/meters of a stroke other than free @ cruise +:15, Descend 1-4
50's: Free @ cruise- fast finish
Extra :30 after last 50
BREATH CONTROL: 400 Breathe every 3-5-7-3 strokes by 100
WARM DOWN: 6x25's Free, **Finger Tip Drag** on odd lengths.
TOTAL: 2350

Workout #3

WARM UP: 300 Choice
4x(4x25, :10 Rest btw each 25)
Set #1- Kick
#2,3- Drill, choice
#4- Swim, Build
MAIN: 3x(4x100's, 4x25's)
100's: Free @ Cruise +:05
25's: Non-Free @ Cruise +:10
2x(4x75's) Free
#1) Kick, middle 25 hard :15 Rest
#2) DPS **SC**-1 :15 Rest

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WARM DOWN: 200 Easy
TOTAL: 3000

Workout #4

WARM UP: 400, every 4th length Backstroke
DRILL: 2x350's Free
#1- 25 Kick/25 Swim/25 Kick/50 Swim/25 Kick/75 Swim/25 Kick/100 Swim
#2- 25 **Fist**/25 Swim/25 Fist/50 Swim/25 Fist/75 Swim/25 Fist/100 Swim
MAIN: 3x[(4x50's) + (4x100's)]
50's: @ Cruise + :05:
1st time through DPS
2nd time through work on stroke timing
3rd time through Fast turns
100's #1 @ Cruise +:05
#2 @ Cruise -:05
#3 @ Cruise
KICK: 8x50's
#1-3: Kick/Free by 25
#4: Swim Free or Backstroke
#5-8 Easy Free or Backstroke
WARM DOWN: 100 Easy
TOTAL: 3400

Workout #5

Distance!

WARM UP: 300 Choice
DRILL: 3x100's, 4x75's, 5x50's Rest= :10
100's: Breathe on weak side on odd lengths
75's: Middle 25 Fist drill
50's: Build
MAIN
600+500+400+300+200+100 @ Cruise + :10
Take :10 rest before last 100 of swim
Last 100 is FAST. Everything else is easy/moderate pace.
Total time for each swim including :10 rest should beat previous swim's split for that distance.
WARM DOWN: 100 Easy
TOTAL: 3350

Workout #6

Variety workout mixing in other strokes.

WARM UP: 300 (150 Free, 75 Back, 75 Breast)
Swim: 1x400 Alternate 50 Free Moderate/50 Non-Free Build
MAIN: 300 Free + 300 **I.M.** or non free + 200 Free + 200 I.M. or non free + 100 Free + 100 I.M. or non free. Rest= :30 between swims.
KICK: 4x(3x25's + 1x50) 1 Set each stroke
25's: Build @ :10 rest
50's: Sprint @ :30 rest
WARM DOWN: 4x75's Free breathe 3-5-7 by 25's
TOTAL: 2700

Workout #7

Emphasizing body balance and endurance

WARM UP: 300 done as 3x(75 Free, 25 Back)
DRILL: 200 Free 25 Fist/25 DPS
8x50's: 1-4 Kick (no board, on your side), 5-8 Back/Free by 25's
MAIN: 4x(2x100 Free @ Cruise +1x50 Free w/Fists @ 1:00 + 1x200 Free @ Cruise + 1x50 Free

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w/Fists @ 1:00)

WARM DOWN: 6x50's 25 Kick/25 Swim Free or Back, pick your rest, **Ascend**

TOTAL: 3200

Workout #8

Good Early to Mid-season Olympic Distance Workout

WARM UP: 300 Choice

DRILL: 8x50's Free @ :20-:30 Rest

#1,2) Fingertip Drag

#3,4) Fists

#5,6) DPS

#7,8) Build

MAIN: 10x200's

3 @ Cruise + :10

3 @ Cruise + :05

3 @ Cruise

Take an extra :30 after #9 and #10 is Fast!

KICK: 1x300 Choice w/out board (fins ok), every 3rd length fast

WARM DOWN: 200 Free, easy

Total: 3200

Workout #9

Good late or early season workout

WARM UP: 300 Choice

6x75's Kick/Drill/Swim @ :10 Rest

Odds: Free Evens: Non Free

MAIN: 3x(150 @ Cruise + :10, 100 @ Cruise + :10, 2x75 @ Cruise + :10, 2x50's @ Cruise + :10)

KICK: 200 Easy/Fast by 25, mix in other strokes

BREATH CONTROL: 6x25's Easy/No Breath by 25 @ Cruise

WARM DOWN: 150 Easy

TOTAL: 2750

Workout #10

WARM UP: 300 Choice

MAIN (drills included): 400 Free, breathe every 3-5 strokes, Rest=1:00

Connect extended arm to hips when stroking

2x400's Rest=1:00

Negative Split each (2nd half faster than first)

Count Strokes and take 1-2 strokes off each progressive 100 of each swim

3x300's Rest=:30

Descend 1-3

4x200's Rest=:30

Descend 1-4

WARM DOWN: 200

Total: 3400

Workout #11

WARM UP: 300 Free, breathing Bilaterally

12x50's

#1-3 Kick on your Side

#4-6 Fist Drill

#7-9 Free, breathe every 3rd stroke

#10-12 Descend Rest=:10

MAIN:

1x100 1x300

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1x200 1x200
1x300 1x100
1x400
1st column Good Effort, maintain same pace throughout @ Cruise
2nd column Moderate Effort @ Cruise +:30
KICK/SWIM: 6x50's Rest=:10 Kick: Hard Swim: Easy
WARM DOWN: 100 Easy
TOTAL: 2900

Workout #12

A different kind of workout to mix it up when you're bored!

WARM UP: 300, every 3rd length non free
1x200 Kick, every other 50 non free
4x100's
#1 50 Single Arm Free/50 Swim
#2 50 6 Kicks Per Stroke/50 Backstroke
#3,4) Build, Freestyle
MAIN: 8x50's Free @ Cruise or :15 Rest
Odds: DPS
Evens: Build
1x200 I.M. Moderate/Easy :30 rest
12x25's Free Rest=:10
200 I.M. Moderate :30 rest
400 Free @ Cruise
200 I.M. Moderate/Fast
WARMDOWN 150 Back/Free by 25's
TOTAL: 2750

Workout #13

WARM UP: 300 Free
DRILL: 6x100's
#1,2) 50 Kick on left side/50 Free Swim Breath on Right side
#3,4) 50 Kick on right side/50 Free Swim Breathe on Left side
#5,6) 50 6 Kicks per stroke/50 Free Swim Breathe every 3rd stroke
4x50's Free Descend 1-4 Rest=:10
MAIN: 15x100's
#1-4) @ Cruise + :05
#5) **SC**-1 per 25
#6-9) @ Cruise or Rest=:10
#10) SC-1 per 25
#11-14) @ Cruise -:05
#15) SC-1
WARM DOWN: 6x50's
#1-3) Kick on your side, descend
#4-6) Easy Swim
TOTAL: 2900

Workout #14

Another different kind of workout with strokes mixed in

WARM UP: 300 Choice
DRILL: 8x75's
ODDS: 50 Kick/25 Drill (of your choice)
EVENS: Swim
6x25's

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Odds: Non-Free Drill and/or Kick
Evens: Non Free Swim
1x100 Easy Free
MAIN: 4x150
#1) 25 Non Free FAST/125 Free Easy
#2) 50 Non Free FAST/100 Free Easy
#3) 75 Breast FAST/50 Free Easy
#4) 100 Free FAST/50 Free Easy
4x125's
>100 I.M. Swim, moderate/25 Kick Free, Rest=:20
4x100's
#1-3) I.M. Swim, descend
#4) Free Swim, FAST!
Rest=:20
KICK/SWIM: 3x100's
>75 Kick, build by 25 / 25 Swim easy
>Choice of Strokes
>Pick Your Rest
WARM DOWN: 100 Easy swim or drill
TOTAL: 3050

Workout #15

This is your "long swim" in the pool.

WARM UP: 300 Choice
DRILL: 6x50's Odds: Free Stroke Drill (your choice) Evens: Free Kick
6x25's: Descend Stroke Count -1 per 25 @ Cruise +:05 or Rest=:10
6x50's: Descend Time 1-3, 4-6 Rest=:10
MAIN: 4x100 Moderate Free @ Cruise +:05 or Rest=:10
-Extra :30-:45 rest after 4th 100
1 x 10 minute swim
-Count your lengths
Rest= 1:30
1 x (the distance you swam in the 10 minute swim + 25 yards)
-Try to meet or beat 10:00
-Focus on technique
WARM DOWN: 8x25's Odds: Fingertip Drag Drill Evens: Free or Back easy
TOTAL: ??

Workout #16

WARM UP: 300 Choice
DRILL: 4x100: 50 Fists/25 Scull/25 SC-1, Rest=:15
4x75's: 25 SC-1/50 Build, Rest=:10
4x25's: Easy, focus on excellent technique, Rest=:05
MAIN: 9x50's Descend 1-3, 4-6, 7-9 @ Cruise +:05
3x300 Descend 1-3 in the last 100 of each swim @ Cruise +:15
9x50's
#1,2) All FAST @ cruise -:05
#3) All Easy @ cruise + :15
#4-6) Repeat #1-3
#7-9) Repeat #1-3
SWIM/KICK: 6x50's 12.5 yards or meters easy/:15 **Vertical Kick**/25 yds Fast/12.5 yds easy
(pick your own rest)
TOTAL: 3200

Workout #17

WARM UP: 300 Free Breathe every 3-5 strokes

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DRILL: 200 w/Fists
8x25's $\frac{3}{4}$ Catchup
6x50's
Odds: Count Strokes
Evens: Build
MAIN: 4x400's
#1) 200 Kick w/Fins Fast/200 Free Moderate (no fins)
#2) 100 Kick w/Fins Fast/300 Free Moderate (no fins)
#3,4) 400 Free straight 80-90% effort
Take 1 minute rest after each 400.
WARM DOWN: 200 alternate back/free by 25's
TOTAL: 2800

Workout #18

Drills Galore.

WARM UP: 300 Free
DRILL: 6x150's
#1-3) 50 Fists/50 6 Kicks per stroke/50 Count Strokes
#4-6) 100 Kick/50 Build
MAIN: 1x600 Free 1:00 rest
4x50's @ Cruise +:05 or Rest=:10
1x300 Free – Faster pace than 600 1:00 rest
4x50's Descend 1-4 @ cruise
MORE DRILL: 300 Done as 25 **Shark Fin Drill** / 25 Breathe every 3 or 5 strokes
Alternate the Shark Fin Drill lengths left side/right side
WARM DOWN: 100 Easy Maintain Technique
TOTAL: 2900

Workout #19

WARM UP: 300 Choice
DRILL: 300 done as 4x(50 Fist/25 $\frac{3}{4}$ Catchup)
Focus on body position and DPS
8x50's
#1-4) Kick on Side
#5-8) SC-1
MAIN: 2x200's Moderate Free @ Cruise +:10 or Rest=:20
4x100 @ Cruise Good Effort
4x100 @ Cruise - :05 VERY Good effort
4x50's @ Cruise Odds: Fast, Evens: Easy
200 Kick WITH BOARD!!!!
WARM DOWN: 150 Choice
TOTAL: 2750

Workout #20

A good workout for the off season or early season emphasizing the relationship between backstroke and freestyle, namely hip rotation

WARM UP: 300 Free
DRILL: 100 alternating 4 strokes Free, 4 strokes Back
Pay attention to your hip rotation on both strokes, as well as in the transition from one to the other.
4x75's Any combo of Free/Back Rest=:15
4x25's Free Drill of your choice
MAIN: 3x(3x150, 1x100)
150's :15 Rest
Set #1) 50 Back/100 Free
#2) 50 Free/50 Choice/50 Free

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#3) 150 Free straight
100's: All Free 1:00 Rest
WARM DOWN: 200 Kick/Swim by 25's Your Choice
TOTAL: 2500

Workout #21

A sprint-oriented workout focus on technique and speed.

WARM UP: 300 Choice
DRILL: 12x50's
#1-4) Kick, Choice
#5-8) **Free Golf**
#9-12) Build
MAIN: 5x100's @ Cruise +:10 – #1, 3, 5 HARD
200 Easy
10x50's @ Cruise +:10
#1, 5, 10 HARD
200 Easy
BREATH CONTROL: 6x25's
#3) No breath #6) Underwater
WARM DOWN: 100 Easy
TOTAL: 2450

Workout #22

YARDAGE! Build your endurance while not sacrificing technique.

WARM UP: 300
DRILL: 8x75's Kick/Swim/Drill by 25
Odds: Fist Evens: **6 Kicks/Stroke**
MAIN: 6x400
Get your time on the first 400 and add :30 to that for your interval
#1) DPS, Breathe every 3rd Stroke
#2) Breathe left side going down, right side coming back
#3) Hard
#4-6) Repeat
6x50's Build to 85% Effort Rest= :20 Focus on technique
WARM DOWN: 150 Easy
TOTAL: 3750

Workout #23

WARM UP: 300 Choice
DRILL: 200 DPS
4x50's: Drill/Swim Free (your choice of drill)
8x25's Odds: Build Evens: Easy
MAIN: 8x100's Free @ Cruise- :05
4x150's @ Cruise
BREATH CONTROL: 200 Free Breathe every 5 strokes throughout
WARM DOWN: 200
TOTAL: 2700

Workout #24

WARM UP: 300 Choice
DRILL: 4x150's
50 Kick/50 6 Kicks per Stroke/50 Swim
-Focus on breathing with head in line with spine
5x300's Free Rest=:30
#1) Moderate every 3rd length kick on your side
#2-4) Descend

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#5) 80% effort
3x(1x100 + 1x50)
100's: Kick, descend, choice of stroke
50's: Easy Swim
Rest= :10-:20
WARM DOWN: 100 Easy
TOTAL: 2950

Workout #25

WARM UP: 300, mix in some non-free lengths
DRILL: 8x50's Odds: Kick, Evens: Stroke Drill of your choice
8x25's Odds: Easy Evens: Build
MAIN: 4x300's Choice or I.M. Rest= :45
#1) 100 Fly/100 I.M./100 Free
#2) 100 Back/100 I.M./100 Free
#3) 100 Breast/100 I.M./100 Free
#4) 100 Free/100 I.M./100 Free
KICK/SWIM: 2x200's Choice, Descend
WARM DOWN: 200
TOTAL: 2700

Workout #26

Lots of technique to think about here.

WARM UP: 300 Free
DRILL: 4x150 done as 50 Kick/50 Fist/50 SC
MAIN: 2x200's @ Cruise- :05
4x100's @ Cruise
8x50's @ Cruise +:05
3x200's Free Rest = :30
#1 think about head position (look straight at the bottom of the pool)
#2 Breathe every 3-5-3-7 strokes by 50
#3 Work the turns
WARM DOWN: 4x50's Ascend
TOTAL: 2650

Workout #27

WARM UP: 300
DRILL: 4x150
75 Kick/50 6 Kicks per stroke/25 SC – 1 per 150
MAIN: 4x25's Choice Descend 1-4 @ Cruise +:10
4x75's Choice Descend 1-4 @ Cruise + :10
4x125's 25 Choice/100 Free @ Cruise +:05
3x200's I.M. or Free you pick the interval
KICK: 4x150's w/Fins Rest=:30 done as 100 swim/50 Kick
WARM DOWN: 100 Easy
TOTAL: 3100

Workout #28

WARM UP: 300, every 3rd length kick on side
DRILL: 6x100's
#1,2) Kick on side
#3,4) Drill (your choice)
#5,6) 50 Build/50 Easy Free
MAIN: 8x150's Odds: 50 Stroke/50 Free/50 Stroke Evens: 50 Free/50 Non-Free/50 Free
Rest=:30
KICK/SWIM: 2x200's

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#1) Choice 25 Kick/25 Swim
#2) 150 Hard Kick/50 Swim
WARM DOWN: 200 Easy Choice
TOTAL: 2700

Workout #29

WARM UP: 300 Choice
DRILL: 4x100's
Odds: Kick/Swim by 25's Evens: Drill/Swim by 25's
MAIN: 6x50's @ Cruise Descend 1-3, 4-6
12x100's
#1-4) @ Cruise
#5-8) @ Cruise - :05
#9-12) @ Cruise
BREATH CONTROL: 400 Free, breathe every 3-5-3-5 strokes
WARM DOWN: 150 Easy
TOTAL: 2750

Workout #30

A short workout good for off season, early season, or tapering.

WARM UP: 300 Free, Easy
DRILL: 12x50's
#1-4) Kick on side
#5-8) Fist Drill
#9-12) Descend
Rest=:15
MAIN: 300 Choice, Moderate, Rest= 1:00
12x25's @ Cruise- :05, Cruise, Cruise+ :05
200 Choice Moderate Rest= :45
8x25's Easy/Fast/Easy/No Breath (or 1 breath), Repeat. Rest= :10
100 Choice Moderate, Rest= :30
4x25's Easy/Underwater/Easy/Underwater
WARM DOWN: 200 Easy Free
TOTAL: 2300

Workout #31

Lots of strokes, lots of rest

WARM UP: 300 mix in other strokes
DRILL: 200 done as 4 strokes free/4 strokes back, alternating
8x50's Rest= :15
#1-4) I.M. Order
#5-8 Back/Free by 25's
MAIN: 300 Free Rest= :30
3x100's Choice Rest= :20
200 I.M. or Choice Rest= :30
3x100's Free Rest= :20
200 Choice Rest= :30
3x100's I.M. Rest= :20
WARM DOWN: 200 Breathe every 3 strokes
TOTAL: 2700

Workout #32

WARM UP: 300
DRILL: 3x200's
#1) 25 Kick/25 Swim Alternate
#2) 25 Fist/25 Swim w/high elbow recovery

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#3) 25 Easy/25 Build
MAIN: 5x100's
Odds: Fast, Rest= :05
Evens: Easy, Rest= :10
1x500 Moderate Free, Rest= 1:00
6x50's
Odds: Fast, Rest= :05
Evens: Easy, Rest= :10
500 Free, Moderate
WARM DOWN: 150 Breathe every 3 strokes
TOTAL: 2750

Workout #33

A mellow workout.

WARM UP: 300 Free
DRILL: 2x(25 4 ST Free/4 ST Back + 50 Free + 25 4 ST Free/4 ST Back)
8x25's Choice
Odds: Build, Evens: Easy
MAIN: 3x100's + 1x200's + 3x100's + 1x150's + 3x100's + 1x100
ALL @ Cruise interval
KICK: 1x200 WITH BOARD!! Rest=:20
4x25's descend, no board, your choice of rest
WARM DOWN: 1x100 Free
TOTAL: 2550

Workout #34

WARM UP: 300
DRILL: 4x75's 25 DPS/50 Free
Focus on rhythm and rotation
MAIN: 1x100 Back/Free/Back/Free
Good effort on Back Rest= :20
1x200 Free Moderate, Rest= :25
1x300 Back/Free by 25 Rest= :30
1x400 Free Moderate
KICK/SWIM: 4x100's 75 Kick/25 Swim
WARM DOWN: 100 Easy
TOTAL: 2100

Workout #35

WARM UP: 300
DRILL: 200 Fists
8x50's: 25 SC-1, 25 Build
MAIN: 10x100's @ Cruise
1x400, Rest= 1:00
10x50's @ Cruise
1x200, Rest= 1:00
KICK/SWIM: 4x50's, WORK your legs! Rest= :05
WARMDOWN: 200
TOTAL: 3400

Workout #36

WARM UP: 300
DRILL: 12x75's
#1-4) 50 Fists/25 Free
#5-8) 25 $\frac{3}{4}$ Catchup/25 Free, breathe every 3rd stroke
#9-12) 25 Kick 6 Kicks per stroke/ DPS

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MAIN: 4x50's Free Swim 25 SC-1 @ Cruise + :20
4x100's Descend 1-4 @ Cruise +:05
4x150's 50 Kick FAST/100 Free Swim, moderate @ Cruise + :05 or Rest= :10
4x100's Fast Free @ Cruise or Rest= :10
4x50's Free, Moderate @ Cruise +:05 or Rest= :10. Keep kick steady
BREATH CONTROL: 3x100's Breathe every 3/5/3/5 strokes by 25. Keep your Heart Rate low, rest is your choice.
WARM DOWN: 100 Easy
TOTAL: 3100

Workout #37

WARM UP: 300
DRILL: 12x50's
#1-4) **Free Golf**
#5-8) 25 6 Kicks per stroke/25 Swim
#9-12) Swim, Descend 1-4
MAIN: 3x(6x25's + 1x200)
25's: #1,2) Easy
#3-5) Descend 1-3
#6) Easy
Rest= :10, Extra :45 after #6
200's: Solid effort, Rest= :10
KICK/SWIM: 2x150's
50 Swim Easy, 100 Kick good effort (your choice of stroke)
WARM DOWN: 100 Easy Free or Back
TOTAL: 2350

Workout #38

Focus on bilateral breathing and distance.

WARM UP: 300 Breathe Every 3 Strokes
DRILL: 1x100 Fist Drill
4x75's 25 Breathe on left side, 25 Breathe Right, 25 Breathe every 3
6x50's Swim @ Cruise +:15 Descend 1-3, 4-6
MAIN:
2x100 1x100 Rest= :10
2x100 1x200 Rest= :20
2x100 1x300 Rest= :30
2x100 1x400 Rest= :40
Read across
2x100's: @ Cruise - :05, Cruise, Cruise + :05, Cruise +:10 by set
or Rest=:05, :10, :15, :20
WARM DOWN: 8x25's Odds: Free, Evens: Back
TOTAL: 3000

Workout #39

WARM UP: 300 Choice
DRILL: 1x300 25 Fist/50 Count Strokes. Repeat through 300.
6x50's Kick on your side Descend 1-3 Fins OK Rest= :05
6x25's 1 Easy, 1 Build, 1 Fast, Repeat, Rest= :05
MAIN: 8x200's @ Cruise +:10
Extra 1:00 Rest after #3 and #7
#4 and #8 are Fast, check your time
WARM DOWN: 300 Breathe on your weaker side on odd lengths
TOTAL: 3000

Workout #40

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WARM UP: 300 Free
DRILL: 2x(4x75) Rest= :15
Odds: Choice, Evens: Free
Count strokes per length and check time.
2nd round strokes should be lower, but time should be the same.
10x50's @ Cruise +:15 Drill/Swim by 25
Odds: 6 Kicks per Stroke
Evens: $\frac{3}{4}$ Catchup
MAIN: 200 Free, Moderate pace, Rest= :30
4x50's @ Cruise +:10 Descend 1-4
200 Free, Moderate, Rest= :30
8x25's @ Cruise Descend 1-4, 5-8. 4 & 8 are fast!
WARM DOWN: 150
TOTAL: 2350

Workout #41

Focus is body rotation.

WARM UP: 300 Free
DRILL: 3x100's 25 Right arm only, 25 Left arm only, 50 Free Swim
-Keep non-working arm at your side and breathe to non-working side
-Focus on good body rotation from the core
6x50's Free Descend 1-3, 4-6 @ Cruise +:05
MAIN: 1x600 Build by 200's. Rest= 1:30
8x50's Odds: Free SC-1 Evens: Free Descend 1-4 @ Cruise +:05
Rest 1:00
1x400 Free 85-90% effort
100 Easy
KICK/SWIM: 8x25's Descend swims 1-4
WARM DOWN: 100 Back/Free alternating
TOTAL: 2700

Workout #42

WARM UP: 300!
DRILL: 1x200 Swim With Fists
8x50's
Odds: Kick on your side Rest= :15
Evens: Free Golf
8x25's Odds: Easy Free, Evens: Build
MAIN: 8x100's Free descend your interval (start with an easy interval and drop it down :05 for each 100)
50 Easy
1x400 Moderate Free- bilateral breathe on odd lengths
Rest= :40
9x50's 2 Fast, 1 Easy, Repeat @ Cruise
WARM DOWN: 100 Easy
TOTAL: 2900

Workout #43

Work some strokes other than Free.

WARM UP: 300 Choice, mix in strokes
DRILL: 8x75's, 2 each stroke Fly, Back, Breast, Free
#1-4) 50 Kick/25 Drill
#5-8) 25 DPS/50 Build
MAIN: 5x(250 Free + 50 Non-Free)
250's: Moderate to Good effort, Rest= :15
50's: Focus on good form and go right into the next 250

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BREATH CONTROL: 2x200 #1) Free, breathe every 3rd #2) 25 Back/25 Breast, focus on DPS
WARM DOWN: 100
TOTAL: 2800

Workout #44

Easy early season workout focusing on aerobic training, bilateral breathing.

WARM UP: 300

DRILL: 8x100's

Odds: 50 Fist/50 6 Kicks per Stroke Evens: 25 Free Breathe on left side/25 Breathe Right/50
Breathe every 3. Rest= :15

MAIN: 200 Free, Moderate, Rest= :20

4x50's Fastest Possible Interval

200 Free Moderate, Rest= :20

8x25's Kick on side, Descend 1-4, Rest= :05

200 Free Moderate

3x100's Free, keep heart rate low, breathe every 3 strokes

WARM DOWN: 100

TOTAL: 2500

Workout #45

WARM UP: 300 DPS/Swim

DRILL: 1x300 (4x25 Fist/50 DPS)

6x50's Kick on side, descend 1-3 Rest= :15

8x25's 1 Easy, 2 Build, 1 Fast. Rest= :10

MAIN: 3x(2x100 + 1x300)

#1) 100's @ Cruise + :05

#2) 100's @ Cruise

#3) 100's @ Cruise -:05

300's: Maintain moderate pace, Rest= :45 "Hide" your breaths

WARM DOWN: 6x25's

#1-3) Moderate, breathe every 3

#4-6) Easy, Back or Free

TOTAL: 2750

Workout #46

WARMUP: 2x150's #1) Kick on your side, #2) Swim, focus on hip rotation

MAIN: 4x(5x100)

First 100 of each set is done as 4 Strokes back/4 Strokes free, alternating. Focus on hip rotation.

Rest= :15 on #1, Cruise interval on the rest.

10x50's Rest= :10

Odds: Free Golf

Evens: Fast

WARM DOWN: 150 Choice

TOTAL: 2950

Workout #47

WARM UP: 300

DRILL: 6x50's

#1-3) Fist #4-6) Descend

6x75's 50 Drill (of your choice)/25 Swim

#1,2) Back #3,4) Breast, #5,6) Fly

6x25's Choice, Odds: Build Evens: Easy

MAIN: 2x(300+200+100)

#1) 300: 50 Fly/25 Free, 50 Back/25 Free, 50 Breast/25 Free, 50 Free/25 Free

200: Fly/Free, Back/Free, Breast/Free, Free/Free by 25's

50 Tri-Specific Swimming Workouts

100: I.M.
#2) 300 I.M. 50 Kick/25 swim each stroke
200: I.M. 25 Kick/25 Swim
100: I.M.
Rest= :40 after 300, :30 after 200, :20 after 100
WARM DOWN: 100
TOTAL: 2500

Workout #48

WARM UP: 300
DRILL: 100 Fist
4x75's 50 SC-1/25 Build Rest= :10
4x125's 75 Kick/50 Swim Descend 1-4
MAIN: 3x(300+200+100)
300's: Moderate Free, Breathe every 3rd or 5th stroke
200's: Descend 1-3 Rest= :20
100's: Build, Rest= :20
WARM DOWN: 6x25's Back/Free by 25
TOTAL: 3150

Workout #49

Work on sprinting plus drills.

WARM UP: 300
DRILL: 3x200's: #1) 50 Fist/50 Swim, Repeat
#2) 50 Kick Build/50 Swim
#3) Swim 50 Build/50 Easy
MAIN: 8x50's Kick Descend 1-4, 5-8 Rest= :10
8x100's: Odds: Fast, Rest= :10 Evens: Easy, pick your rest
8x25's: Odds: 12.5 Fast, 12.5 Head Up Free Evens: Build
WARM DOWN: 200 Easy
TOTAL: 3500

Workout #50

WARM UP: 3x100's Swim/Kick/DPS by 100
DRILL: 6x100's: #1,2) $\frac{3}{4}$ Catchup/Swim by 25's #3,4) Kick/Swim with Fins #5,6) Swim, Descend
MAIN: 6x100's @ Cruise
4x100's@ Cruise - :05
2x100's @ Cruise +:05
6x50's @ Cruise
4x50's @ Cruise -:05
2x50's @ Cruise +:05
WARM DOWN: 4x50's Ascend
TOTAL: 3000

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Glossary:

@= "on", i.e. 10x100's @ 2:00 means 10 100's on the 2:00 interval

SC= Stroke Count

spl = Strokes per length

ST = Strokes

DPS = Distance per Stroke, try to maximize

K = Kick

Ascend= The opposite of Descend- ease up your effort throughout the set.

50 Tri-Specific Swimming Workouts

Build= build within the swim, i.e. 200 Free Build means start off easy, and get faster throughout the 200.

Cruise = an interval you can make 100's free on comfortably with about 10-15 seconds rest. Example: 5x100's on 1:45.

Descend= Get faster throughout the set. Example, 4x100 Descend 1-4. #1 would be relatively easy, #4 is HARD.

Free Golf = Count your strokes and check your time after each swim. Add the 2 numbers and that's your golf score. Try to "beat" your score on each one by lowering that number.

I.M. = Fly, Back, Breast, Free in that order.

I.M. Switch = 50's alternating Fly/Back, Back/Breast, Breast/Free, Free/Fly

Max HR= Maximum Heart Rate. To determine your Max HR, take 180-your age+5.

For example, Mine would be $180-32+5= 153$.

Taper= The period before your race where workouts ease up and you begin to rest

for your event. Intensity and distance will both decrease, with longer swims added in.

Drills:

$\frac{3}{4}$ Catchup- taking strokes about $\frac{3}{4}$ of the way to touching your other hand before each recovery

6K/Stroke- For each stroke (one arm) take 6 kicks. This is reinforcing the rotation from side to side in freestyle.

Fists- Swim freestyle with your hands in fists

Finger Tip Drag – Drag your finger tips through the water on recovery. You will need a bent elbow to do this properly.

Shark Fin- While kicking on your side, extend one arm. Slowly point elbow of trailing arm up towards sky, hand almost touching your side, making a "shark fin." Slide hand back down, breathe, repeat