SUTT Autumn 2005
Swim Workout (IM)

KEY: **Rest Interval (RI):**
‘ : minutes
“ : seconds

(CI+10): add 10 seconds to your cruise interval
No Rest Listed: Use 10 seconds between efforts

CI: Cruise Interval: 100 pace (average pace you can keep for 10 100’s), the CI (plus or minus time) is your send off time including rest.

		lanes 7,8,9,10 (CI=1:55, 2:00, 2:05, 2:10)	Lanes 3,4,5,6 (CI= 1:40, 1:40, 1:45, 1:50)	Lanes 1,2 (CI= 1:25/1:30, 1:35)	Comments
	1. Warm-up	200 free EZ Stretch 100 choice stroke EZ	200 free EZ Stretch 100 choice stroke EZ	200 free EZ Stretch 100 choice stroke (300)	Work on weakest stroke
	2. Transition	Same →	Same →	4 x 50 kick no board, IM order RI=15” 4 x 50 swim, REVERSE IM order by 50’s RI=15” (400/700)	IM order: FLY/BACK/BREAST/FREE REVERSE IM order: FREE/BREAST/BACK/FLY
	3. Main set	-> same Except each 1 x 200 IM, replace with: 200: broken by 50’s as 25 stroke, 25 swim Your choice of stroke	1 x 200 IM RI 1” 8 x 50: swim 25 stroke, swim 25 free (weakest stroke for 1st 4, favorite for last 4 (600/1300) 1 x 200 IM RI 1” 4 x 100: 75 free with last 25 dolphin kick underwater (600/1900) 1 x 200 IM RI 1” (200/2100)	1 x 200 IM RI 1” 8 x 50: swim 25 stroke, swim 25 free (weakest stroke for 1st 4, favorite for last 4 (600/1300) 1 x 200 IM RI 1” 4 x 100: 75 free with last 25 dolphin kick underwater (CI+5) (600/1900) - Extra 1” RI here- 1 x 200 IM RI 1” 3 x 100: BACK/BREAST/ FREE by 100s (CI+45) (500/2400) 1 x 200 IM RI 1”	-> focus on completing each 50, pace yourself for the 200 Idea is to be out of breath starting next 100 100 BACK, then 100 BREAST, followed by 100 FREE, all on FREE CI
	4. Warm-down	100 EZ cool down	200 EZ cool down	200 EZ cool down	
	5. Total	**2200**	**2300**	**2800**	