SUTT Autumn 2005
Swim Workout (distance)

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	300 free EZ	300 free EZ	400 free EZ (400)	Work on streamlined body position off wall and perfectly timed flip turns.
	2. Transition	Same →	Same →	6 x 50 free drill Alternate finger-tip-drag and fist-drill by 50’s RI=30” (300/700)	
	3. Main set	6 x 100 (CI + 10) 2 EZ, 2 MOD, 2 HARD 3 x 200 (CI + 10) 2 EZ, 2 MOD, 2 HARD 6 x 50 (CI + 10) 2 EZ, 2 MOD, 2 HARD (1500/2200)	Same → →optional (500 not included in total)	6 x 100 (CI + 10) 2 EZ, 2 MOD, 2 HARD Straight into: 6 x 200 (CI + 10) 2 EZ, 2 MOD, 2 HARD Extra RI here 1” 6 x 50 (CI + 10) 2 EZ, 2 MOD, 2 HARD (2100/2800) 500 straight free – alternate breathing pattern by 50’s – your choice, (e.g. 1st 50 your normal, 2nd 50 your weakest, etc. Intensity: MOD/HARD (500/3300)	-> focus on good catch -> focus on strong mid-pull -> focus on high elbow recovery -> focus on good body position, do not over-rotate or lift head for breath
	4. Warm-down	200 EZ cool down	200 EZ cool down	200 EZ cool down	
	5. Total	**2400**	**3000**	**3500**	