

SUTT Autumn 2005

Swim Workout (speed)

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 200 free MOD	200 free EZ Stretch 200 free MOD	200 free EZ Stretch 200 free MOD (400)	Work on strong flip turns at the wall, pick up time on the turns
	2. Transition	Same →	Same →	3x 100: 50 kick, choice stroke, 50 same stroke swim RI=1" (300/700)	
	3. Main set	(lanes 7 & 8, subtract 5 seconds from all times) 5 x 50 1:35 5 x 50 1:25 5 x 50 1:30 5 x 50 1:20 5 x 50 1:25 5 x 50 1:15 (1500/2200) Lanes 9/10, skip to cool down 2x100 (lanes 7/8) Work on breathing all the air out before taking a breath, MOD, RI=30"	(lanes 3 & 4, subtract 5 seconds from all times) 5 x 50 1:15 5 x 50 1:05 5 x 50 1:10 5 x 50 1:00 5 x 50 1:05 5 x 50 :55 (1500/2200) 3 x 50 kick dolphin or flutter 25 HARD, 25 EZ, RI 30" (150/2350) 3 x 50 free 25 HARD, 25 EZ. RI = 40" (150/2500)	5 x 50 1:05 5 x 50 :55 5 x 50 1:00 5 x 50 :50 5 x 50 :55 5 x 50 :45 (1500/2200) 6 x 50 kick dolphin or flutter 25 HARD, 25 EZ, RI 30" (300/2500) 6 x 50 free 25 HARD, 25 EZ. RI = 40" (300/2800)	-> focus on good body position, try not to change stroke count per 50 (i.e. do not increase arm turnover to go faster)
	4. Warm-down	100 EZ cool down	200 EZ cool down	200 EZ cool down	
	5. Total	2300/2500	2700	3000	