

5 – { as ye swim in practice, so shall ye swim in meets }

Warm up 400m
Using all 4 strokes
[400]

Swim 400 I.M.
Rest 5 secs after each 25 fly.
[800]

Kick 50 fly + 50 Bk + 50 Br
[950]

Kick 50 Bk + 50 Br + 50 F/s
[1200]

Pull 200 f/s + 50 stroke
[1450]

Swim 25 fly + 100 bk + 25 br }
[1600]

Drill 100 I.M.
[1800]

Swim 4 x 50 f/s
[2000]

Swim Down 400 all strokes
[2400]

6 – { biting off more than you can chew is better than going hungry }

Warm up 400m
Using all 4 stroke
[400]

Swim 4 x 100 I.M.
Rest 40 secs each 100 [800]

Pull 2 x [100br + 200f/s]
20secs rest after 300
[1400]

Swim 10 x 50f/s
20secs rest after 50
[1900]

Kick 50 fly + 50 br + 50 ba + 50 f/s
[2100]

Swim Down 400 all strokes
[2500]

7 - { Be realistic – demand the impossible }

Warm up 400m
Using all 4 strokes
[400]

Kick 50 fly + 50 bk
50 bk + 50 br
50 br + 50 f/s
[10 secs rest after each 100]
[700]

Swim 16 x 25 off 40 secs
Alternate f/s – choice
[1100]

Pull 400 f/s
Breath on 3th stroke
[1500]

Swim 50 fly + 50 br + 100 f/s
[1700]

Swim 2 x 100 br
Rest 20 each [1900]

Kick 8 x 25
Alternate f/s – stroke [2100]

Swim Down 400 all strokes
[2500]

8 - { Be consistently persistent }

Warm up 400m
Using all 4 strokes
[400]

Kick 4 x 100
Alternate I.M. – choice
Rest 25 secs after 100.
[800]

Drill 100 br
[900]

Swim 16 x 25 I.M. order
Rest 10 secs each 25
[1300]

Pull 2 x 200 f/s
Breathe every 4th stroke
Rest 30 secs after each
[1700]

Swim 50 fly + 100 br + 50 f/s
[1900]

Swim 4 x 25 bk off :40
[2000]

Swim 4 x 25 f/s off :30
[2100]

Swim Down 400 all strokes
[2500]

9 – {Anyone who thinks the sky is the limit has limited imagination}

Warm up 400m
Using all 4 strokes
[400]

Pull 2 x 200 f/s
Breathe every 4th stroke
[800]

Swim 4 x 25 fly
[900]

Kick 2 x 200 I.M. order
[1300]

Swim 100fly + 50bk + 50br – rest 20
50fly + 100bk + 50br - # #
100bk + 50br + 100f/s - # #
50bk + 100br + 100f/s - # #
[2100]

Swim Down 400 all strokes
[2500]

10 – {A team which has become a winner has done so by certain individuals setting and reaching goals for themselves}

Warm up 400m
Using all 4 strokes
[400]

Kick 4 x 100 choice
Rest 20 secs
[800]

Pull 4 x 100 f/s
Breathe 2,3,4,5 per 100
[1200]

Swim 3 x {50fly + 50bk} rest 10secs
3 x {50bk + 50br} # #
3 x {50br + 50f/s} # #
[2100]

Swim Down 400 all strokes
[2500]

11 – {Oh boy is this great!}

Warm up 400m
Using all 4 strokes
[400]

Swim 2 x 100 f/s off -
2 x 50 off -
2 x 25 off -
[750]

Kick 400 I.M. order
[1150]

Drill 100 choice
[1250]

Swim 2 x 100 f/s – off 5 secs less above
2 x 50 - off
2 x 25 – off
[1600]

Swim 100 stroke choice
[1700]

Pull 200 f/s + 50 stroke
[1950]

Swim 2 x {25fly + 25bk + 25br}
2 x {25bk + 25br + 25f/s}
[2250]

Swim Down 400 all strokes
[2650]

12 – {Winning tastes good}

Warm up 400m
Using all 4 strokes
[400]

Kick 4 x 100 – rest 20 secs
Alternate I.M – choice each 100
[800]

Pull 2 x 200 f/s – rest 20 secs
Breathe 3,5, per 100
[1200]

Swim 100 I.M. + 50 fly – rest 15 secs
100 I.M. + 50 bk - # #
100 I.M. + 50 br - # #
100 I.M. + 50 f/s - # #
[1800]

Drill 100 bk
[1900]

Swim 200 stroke + 50 f/s
[2150]

Kick 100 f/s + 50 easy choice
[2300]

Swim Down 200 all strokes
[2500]

13 – {Progress is our most important product}

Warm up 400m
Using all 4 strokes [400]

Swim 6 x 50 f/s – off [700]

Kick 2 x {50fly + 100bk + 50br
+ 100f/s} [1300]

Drill 100 bk [1400]

Pull 350f/s + 50br
Breathe: every 3th f/s
2nd br [1800]

Swim 4 x 100 alternate I.M. / f/s [2200]

Swim 2 x 25 fly
2 x 25 bk
2 x 25 br [2350]

Swim Down 200 all strokes [2550]

14 – {You are what you are and you are where you are because of what has gone into your mind. You change what you are and you change where you are by changing what goes into your mind}

Warm up 400m
Using all 4 strokes [400]

Pull 4 x 100 f/s – off [800]

Swim 6 x 25 stroke {hard} – off [950]

Kick 2 x {100stroke + 100f/s} [1350]

Swim 100 I.M.
200 I.M.
400 I.M.
rest 40 secs between each. [2050]

Drill 100 I.M. reverse order [2150]

Sprint 4 x 25 f/s [2250]

Swim Down 400 all strokes [2650]

15 – {Don't try to duplicate past performance; just do the best you can today}

Warm up 400m
Using all 4 strokes [400]

Swim 6 x {25br + 100 f/s} off
6 x {25bk + 50 f/s} #
6 x {25br + 25 f/s} # [1900]

Sprint 6 x 25 – alternate fly/bk
Off [2150]

Swim down 400 all strokes. [2550]

16 – {It takes patience to endure the monotony of repetitions}

Warm up 400m
Using all 4 strokes [400]

Swim 2 x 75 stroke – off [700]

Kick 4 x 75 – alternate f/s/choice
Off [1000]

Drill 200 I.M. [1200]

Pull 4 x {50br + 50f/s}-off [1600]

Swim 25 f/s + 5 secs
50 f/s + 5 secs
75 f/s + 5 secs up to 250
-as if swimming 1500 – pace! [2975]

Sprint 6 x 50- alternate f/s-stroke. [3275]

Swim Down 400 all strokes. [3675]

17 – {Don't ever be caught doing nothing }

Warm up 400m
Using all 4 strokes [400]

Swim 8 x 50 f/s – off [600]

Kick 4 x 100 I.M. [1000]

Pull 2 x {300f/s + 100br}
Rest 1;00 [1800]

Swim 2 x {25fly + 50bk + 75br +
100f/s} – rest 45secs [2300]

Swim 200 f/s [2500]

Swim Down 400 all strokes [2900]

18 – {It's not how far you swim in practice, and it's not how fast you swim in practice.—It's how far you swim fast. }

Warm up 400m
Using all 4 strokes [400]

Drill 400 I.M. [800]

Swim 400 I.M. [1200]

Kick 4 x 50 – off
Alternate bk / fly on back [1400]

Pull 2 x 200 – off
Breathe 4 & 6 each 100 [1800]

Kick 50fly + 100br + 50f/s [2000]

Swim 2 x 200 – rest 45 secs
[1]- I.M / [2]- f/s [2400]

Sprint 4 x 25 – alternate bk/br [2500]

Swim Down 400 all strokes [2900]

19 – {It is better to have swum and lost than never to have swum at all }

Warm up 400m
Using all 4 strokes [400]

Kick 2 x {3 x 100 – off as
50fly/50bk
50bk/50br
50br/50f/s} [1000]

Swim 2 x {400 f/s + 50 stroke} [2000]

Pull 4 x 100 f/s
Breathe every 5th [2400]

Sprint 10 x 25 – off 30 secs.
1 fly
2 bk
3 br
4 f/s [2650]

Swim Down 400 all strokes [3050]

20 – {Pretend you're a machine }

Warm up 400m
Using all 4 strokes [400]

secs rest Swim **800 f/s – break at 50 > 5**

800 f/s – break at 100 > 5 secs

800 f/s – break at 200 > 5 secs

800 f/s – break at 250 > 5 secs

800 f/s – break at 500 > 5 secs.

Maximum 15 secs between sets
{ 1 hr swim sessions } [4400]

Swim Down 400 – no free [4800]

21.-{Aim at the stars. If you don't hit them, you'll land pretty high anyway}

Warm up 400m
Using all 4 strokes
[400]

Swim 10 x 50 f/s – 3 off ;
3 off ;
4 off ;
{900}

Kick 3 x 100
Alternate f/s – choice
{1200}

Pull 2 x 200 f/s
{1600}

Swim 4 x 100 – odd stroke I.M.
Even stroke choice
{2000}

Drill 200 bk
{2200}

Sprint 4 x 25 fly
{2300}

Swim Down 400 all strokes {2700}

22.-{The only way to swim fast, *is to swim fast*}

Warm up 400m
Using all 4 strokes
[400]

Kick 5 x 100 – 4 in I.M.order
1 100 I.M.
{900}

Swim 8 x 50 off;
2 each stroke in IM order
{2 fly/2bk/2br/2f/s} {1300}

Pull 2 x {150f/s + 50br}
{1700}

Swim 4 x 150 IM – skip stroke on each
i.e.omit fly#1/bk #2/br #3/f/s #4.
{2300}

Swim 2 x 100 f/s – off ; -1500 pace
{2500}

Swim Down 400 all strokes {2900}

23.-{As a nation we are dedicated to keeping physically fit and parking as close to the pool as possible}

Warm up 400m
Using all 4 strokes
[400]

Swim 12 x 25 f/s – off ; 50
{700}

Pull 2 x 200 f/s
Breathe 3/5 per 100 {1100}

Kick 2 x 200 IM order
{1500}

Swim 2 x {100f/s + 100IM + 100 str}
{2100}

Sprint 4 x 50 f/s – off ;
{2300}

Swim Down 400 all strokes
{2700}

24.-{Don't count the days ; make the days count}

Warm up 400m
Using all 4 strokes
[400]

Pull 2 x {50fly + 100f/s + 50br}
{800}

Swim 4 x {25bk + 25br}
{1000}

Swim 2 x 200 IM
{1400}

Kick 3 x 100 IM
{1700}

Drill 100 bk
{1800}

Swim 4 x {25br + 25 f/s}
{2000}

Swim 4 x 25 fly stroke – off ;
{2100}

Sprint 4 x 25 fly fast – off ;
{2200}

Swim Down 400 all strokes
{2600}

25 - {Don't postpone joy }

Warm up 400m
Using all 4 strokes [400]
Kick 4 x 50 I.M. order [600]
Pull 4 x 100 f/s off; [1000]
Swim 2 x 200 stroke – no f/s! [1400]
Drill 200 2nd stroke – not f/s [1600]
Swim 2 x 100 off; 2nd stroke [1800]
Swim 12 x 50 f/s as 3 off 4 off 5 off [2100]
Sprint 4 x 25 f/s hold ;30 [2200]
Swim Down 400 all strokes [2600]

26 – { Everything that is, is within }

Warm up 400m
Using all 4 strokes [400]
Swim 10 x 50 f/s off; hold [900]
Kick 4 x 100 – 2 IM / 2 f/s [1300]
Drill 100 I.M. reverse order [1400]
Swim 2 x {200 IM + 100 f/s} [2000]
Pull 25 f/s + 5 secs 75 f/s + 5 secs 150 f/s [2300]
Sprint 8 x 25 – 2 each stroke IM order [2500]
Swim Down 400 all strokes [2900]

27 – { You can't swim fast in meets by swimming slow in practice }

Warm up 400m
Using all 4 strokes [400]
Kick 10 x 25 alternate f/s – choice [650]
Pull 3 x {125 f/s + 25 br} rest 20 [1100]
Swim 200 stroke {technique} [1300]
Swim 400 I.M. [1700]
Swim 200 2nd stroke {technique} [1900]
Swim 4 x {25 fly + 25 bk} rest 10 4 x {25 bk + 25 br} rest 10 4 x {25 br + 25 f/s} rest 10 [2500]
Swim Down 400 all strokes [2900]

28 – { If you're happy, notify your face }

Warm up 400m
Using all 4 strokes [400]
Swim 4 x {25fly + 25f/s+25fly} rest 10 [700]
Kick 400 – broken as 25 easy + 25 fast f/s [1100]
Drill 100 I.M. [1200]
Pull 12 x 50 f/s off : [1800]
Swim 400 f/s bi-lat breathing [2200]
Sprint 8 x 25 rest 20 Alternate I.M.order + f/s [2400]
Swim Down 400 all stroke [2800]

29 – {Work = yardage x intensity}

Warm up 400m
Using all 4 strokes [400]
Swim 4 x 125 stroke off: [900]
Kick 5 x 50 alternate f/s-choice [1150]
Drill 100 IM reverse [1250]
Pull 6 x 100 f/s off – breath on 4 [1850]
Swim 2 x 400 f/s off: [2650]

Swim Down 400 all strokes [3050]

30 – {Winning isn't the most important thing, but trying to win is}

Warm up 400m
Using all 4 strokes [400]
Kick 4 x 100 IM [800]
Swim 4 x 100 IM as 4 fast/4 medium [1200]
Kick 8 x 25 alternate br-f/s [1400]
Pull 9 x 50 f/s as
3 off 1;00
3 off 1;05
3 off 1;10 [1850]
Swim 3 x {25fly+100stroke+25f/s} [2300]
Swim Down 400 all strokes [2700]

31 – {Design a workout that even a fool could use, and only a fool will use it}

Warm up 400m
Using all 4 strokes [400]
Kick 2 x 100 fly/br [600]
Swim 8 x 50 f/s off: [1000]
Swim 2 x {25fly+50f/s+50br} [1150]
Drill 200 IM reverse order [1350]
Swim 2 x { 3 x 100 as
50fly/50bk
50bk/50br
50br/50f/s } [1950]
Swim 200 IM [2150]
Swim Down 400 all strokes [2550]

32 – {One old swim coach tried to trick another: "if you can tell me how many chickens I have in this sack, I'll give you both of them"}

Warm up 400m
Using all 4 strokes [400]
Pull 3 x {125f/s + 25br} [850]
Drill 200 choice [1050]
Swim 16 x 25 f/s off: [1450]
Kick 10 x 50
Use 2 different strokes [1950]
Swim 4 x 100 hold same time [2350]
Swim 200 best stroke {not f/s} [2550]
Swim 8 x 25 worst stroke [2750]
Sprint 4 x 25 f/s [2850]
Swim Down 400 all strokes [3250]