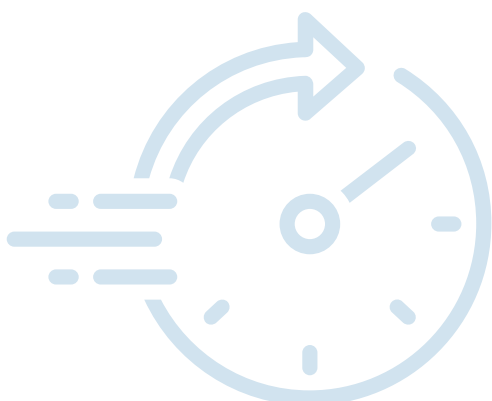


Swim sets for a winning swim team

Even when focusing on specific areas, swimmers need variety in their workouts. Use this list of swim practice sets for inspiration.

Sprint Sets



6 to 8 rounds of:

- 2x50 all out @ 1 min (1st 50 from a dive, 2nd 50 from push off)
- 3 mins. rest between rounds

- 3x50 all out from a dive
- 3 mins. rest between each 50

Distance Sets

Warm up and pre-set

- 10 min non freestyle on every 4th lap
- 2x200 + 2x175 + 2x150 + 2x125 + 2x100 + 2x75 + 2x50 + 2x25, where odd reps are easy, even reps are build

Main set

- 200 easy + 2x100 fast (the intervals for the fast sets should give swimmer 3-5 seconds rest)
- 300 easy + 3x100 fast
- 400 easy + 4x100 fast
- 500 easy + 5x100 fast



IM Sets



4 Rounds (1 stroke per round w/100 easy between) of:

- 4x25 @ 30 sec., 100 pace minus 1 sec. with fins
- 15 sec rest + remove fins
- 3x50 @ 1 min, 200 pace
- 2x25 @ 25 sec, 100 pace

Kick Sets

All Kicks

- 4x100 @ 1:50 (last 25 fast) + 4x25 @ 45sec (all out)
- 3x100 @ 1:50 (negative split) + 4x25 @ 40sec (all out)
- 2x100 @ 1:50 (last 75 fast) + 4x25 @ 35sec (all out)
- 1x100 @ 1:50 (all out) + 4x25 @ 30sec (all out)

