



Riverside Swim Team – Pre-season Workout #4

- 400 Warm Up
 - 100 swim/ 200 kick/ 100 swim

- 4 x 75- drill, kick, swim- freestyle
- 4 x 75- drill, kick, swim- stroke (either pick one stroke for all 4 or do IM)

- Pyramid Set (Freestyle)
 - 25 – give yourself 15 second rest
 - 50- give yourself 10 seconds rest
 - 75- give yourself 5 seconds rest
 - 100- give yourself 3 seconds rest
 - 150- give yourself 2 seconds rest
 - 100- give yourself 3 seconds rest
 - 75- give yourself 5 seconds rest
 - 50- give yourself 10 seconds rest
 - 25- give yourself 15 seconds rest

- 2 x through 4 25's (First Round Free 2nd Round Choice)
 - 25 build up (go from slow to fast)
 - 25 build down (go from fast to slow)
 - 25 easy
 - 25 sprint

- 50 cool down

Grand Total- 1,500 Yards