



## Riverside Swim Team – Pre-season Workout #1

I. Warm –up, part I: 3 x 200 freestyle on 15 seconds rest

First 200 Swim

Second 200 kick

Third 200 pull

II. Warm-up, part II: 8 x 50 freestyle kick on 1:10

Descend (get faster on each 50) on 1-4 and again on 5-8

III. Main Set, part I: 10 x 100 IM

Odds-- Aerobic pace on 1:50

Evens—Drill on 2:10

IV. Main Set, part II: 20 x 25 on :50

Odds—easy freestyle

Evens-- Sprint IM order

V. Cool down

200 Choice Easy