



## Riverside Swim Team – Pre-season Workout #2

- I. Warm –up, part I: 8 x 75 Kick/Drill/Swim on 2:00  
Odds Choice  
Evens Freestyle
  
- II. Warm-up, part II: 8 x 50 freestyle swim on 1:00  
Even split – swim each 50 at the same pace
  
- III. Main Set, part I: Modified Pyramid with negative split (swim 2<sup>nd</sup> half faster than first half)  
  
100 stroke, 10 seconds rest  
200 free, 15 seconds rest  
300 stroke, 20 seconds rest  
400 free, 25 seconds rest  
300 stroke, 20 seconds rest  
200 free, 15 seconds rest  
100 stroke
  
- IV. Main Set, part II: 6 x 50 freestyle – Mid-pool 50's  
Start in the middle of the pool and swim a 50 – 2 flip turns.  
Focus on fast, efficient turns.
  
- V. Cool down  
200 Choice Easy