

Warm Up	Strength/ Speed	Endurance	Challenge	Cool Down
Kick 200 Swim 200 Pull 200 Kick 200	3 x (50 fast, 25 kick) The 25 kick is active rest.	Swim 400 Rest :30 Swim 300 Rest :20 Swim 200	3 x 25 with :15 rest 3 x 25 with :10 rest 2 x 25 with :05 rest	Swim 50 fast Kick 100 Swim 200 Kick 100 Swim 100 easy Kick 100 easy
Swim 200 Kick 100 Swim 100 Kick 100 Swim 50 fast Kick 100 Swim 25 Fast	25 @ 60% effort 50 @ 80% effort 75 @ 100% effort 50 @ 80% effort 25 @ 60 % effort	800 no stops, only flip turns	25 butterfly 50 back stroke 75 breast stroke 100 free 75 breast stroke 50 back stroke 25 butterfly :15 rest between each	Kick 4 x 50 on 1:00 Swim 4 x 50 on 1:00 Kick 4 x 50 on 1:30 Swim 2 x 50 on 1:40
Kick 100 back Kick 100 Flutter Kick 100 Breast Kick 100 Fly Swim 50 Back Swim 50 Front Crawl/ Free style Swim 50 Breast Swim 50 Fly	8 x 25 with :10 rest after each 25. These are sprints!	300 @ 60% 100 @ 80% 300 @ 60% 100 @ 80% :20 rest between each	2 x 100 IM (back, breast, fly, free) With : 10 rest in between	400 in any combination of kick, pull swim
Swim 4 x 50 on 1:30 Kick 4 x 50 on 1:20 Swim 4 x 50 on 1:00 Kick 4 x 50 on 1:00	4x (50 @ 80% effort, 50 @ 100 % effort) :30 rest after each 100	4 x 200 (free, kick, back , kick) with :30 between each		

This training grid is designed primarily for those swimmers who will be participating in swim camp this summer, or who are planning to qualify for the long-distance championship meet.

Please choose one set from each of the categories (columns) for a daily work out of approximately 2000 meters. If you don't want to do that much distance, remove either the Challenge or Endurance section.

For those swimmers who just want to keep the skills fresh, concentrate on only one or two columns. Kicking is a great skill to build during the summer.

This grid gives you 384 possible workouts—enjoy!

Additionally, summer is a great chance for our swimmers to do other sports or activities. Bike riding is an excellent off-day activity because it stretches out those tired leg muscles. Running, baseball, softball, dance and soccer are wonderful ways to keep that aerobic base and enjoy the benefits of weight-bearing exercise.

Email if you have any questions! Eifel.sharks.coach@googlemail.com