

Endurance Workout

Warm up:

4 x 100 Easy @60% Effort

Technique:

8 x 25 Drill

8 x 25 Dropping strokes

Kick:

6 x 100 Increase speed

Main:

(4 - 10) x 200 Best pace

Warm down:

6 x 50 Easy

On every set and specially during the main set you will rest 30 seconds the first week, then 25, seconds the second week, then 20, 15 and finally 10 seconds for the last. While you rest try to breathe through your nose. This is probably the most important thing if you want to increase your lung and heart capacity and efficiency.

Every time you swim this workout I want you to change something. During warm up you can change the stroke you are swimming. You can do freestyle, breaststroke or backstroke, but don't do butterfly because it is too difficult to do it during warm up.

For the technique set you can change it to 4 x 50s or even 2 x 100. Or you can alternate 16 x 25s doing one drill and one counting strokes.

For the kick set you can switch strokes too. I recommend doing butterfly kick on back most days if you really want to ask your body for more and to build up core strength. You could also do 3 x 200 instead of the 6 x 100s

And for the main set, try to do a better average time for the 200s every time you do the workout. It would be helpful to have a smart watch that takes your times if you don't have a coach that can do that for you.