

3 Back Up Baruch workouts 6 lanes

Warmup

300 Swim
300 IM K/D/S
200 Kick
100 Swim

Pre-Set (w/ Fins)

6 x 50 IM rotation (FL/BK, BK/BR, BR/FR) @ :50/:55/1:00/1:05/1:10/1:15
6 x 50 choice swim with 4 dolphin kicks off each wall @ :50/:55/1:00/1:05/1:10/1:15

Main Set

1 x 300 FR Swim Smooth @ 4:15/4:30/4:45/5:30/6:00/6:30
3 x 100 FR Desc to 90% @ 1:25/1:30/1:35/1:50/2:00/2:10
1 x 300 FR Swim Neg Split @ 4:15/4:30/4:45/5:30/6:00/6:30
6 x 50 choice stroke - 2 build, 1 @ 95% @ :50/:55/1:00/1:05/1:10/1:15

[Lanes 4-6 do not do last part of set]

1 x 300 Swim IM @ 4:45/5:00/5:15
12 x 25 3 of each stroke, desc to 100% @ :30/:30/:35

Post Set

1 x 200 BP: 3/3-5/5/5-7 by 50 @ 3:00/3:10/3:20/3:40/4:00/4:20
4 x 50 BP 5/4/3/2 breaths total per 50 @ 1:00

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W/U

300 swim loosen / 200 K/D by 50 / 200 swim loosen / 100 D/S by 50

Pre-Set

3 x 100 FR 50 fingertip/50 swim @ 1:30/1:35/1:40/1:45/1:50/1:55 [lanes 4-6: 2 x 100]

2 x 200 FR - NS by 100 @ 2:50/3:00/3:10/3:20/3:30/3:40

1 x 300 FR desc 100s to 80% @ 4:15/4:30/4:45 [lanes 4-6: 1 x 200]

2 x 200 FR - NS by 100 @ 2:50 /3:00/3:10/3:20/3:30/3:40

3 x 100 FR desc 1-3 to 90% @ 1:25/1:30/1:35/1:40/1:45/1:50 [lanes 4-6: 2 x100]

[2500m]

Main Set

Lanes 1-3:

3x:

[2 x 50 stroke - focus on technique @ :50/:55/1:00

1 x 200 FR smooth @ 2:50/3:00/3:10

1 x 100 stroke fast @ 1:40/1:50/2:00]

w/ 50 EZ @ 1:00 between each round

stroke: FL/BK/BR by round

Lanes 4-6:

3x:

[2 x 50 stroke: focus on technique @1:05/1:10/1:15

1 x 100 FR smooth @ 3:20/3:30/3:40

1 x 50 fast @ 1:05/1:10/1:15]

w/ 50 EZ @ 1:20 between each round

FL/BK/BR by round]

Post Set

8 x 50 swim :50/:55/1:00/1:05/1:10/1:15

3/4/5/6 dolphin kicks off each wall x 2

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Warm Up:

300 Swim
200 Kick
200 Pull
200 IM D/S

Pre-Set (2x)

8 x 25 - 12.5 Undewater Dolphin, 12.5 Fly Kick on Back (:25, :30, :35, :40, :45, :50)
4 x 50 - 25 Zipper/25 Free (:45, :50, :55, 1:00, 1:05, 1:10)

Main Set

1 x 400 - Pull Build (Lanes 1 - 3 only: 5:40, 6:00, 6:20)
4 x 50 - Fly Descend to Spring (:50, :55, 1:00, 1:05, 1:10, 1:15)
2 x 200 - IM (3:10, 3:20, 3:30, 3:40, 3:50, 4:00)
4 x 50 - Back Descend to Sprint (:50, :55, 1:00, 1:05, 1:10, 1:15)
4 x 100 Free - (1:25, 1:30, 1:35, 1:40, 1:45, 1:50)
(3 x 100 - Lanes 4 - 6)
4 x 50 - Breast Descend to Sprint (1:00, 1:05, 1:10, 1:15, 1:20, 1:25)
6 x 75 - 25 Free/25 Water Polo Drill/25 Free (1:15, 1:20, 1:25, 1:30, 1:35, 1:40)\
(4 x 75 Lanes 4 - 6)
4 X 50 - Free Descend to Sprint (:45, :50, :55, 1:00, 1:05, 1:10)

Post-Set

8 x 50 - Drill/Swim Choice (:55, 1:00, 1:05, 1:10, 1:15, 1:20)

Warm Down