

3 Hostos Back Up Workouts

Warm up (1000)

400 swim, 300 IM kds, 200 kick, 100 choice

Pre-set (750/500)

6 x 50 breathing every 3 :50/:55/1:00/1:05/1:10/1:15

9 x 50 fly/back, back/breast, breast/free (5/6:6) :55/1:00/1:05/1:10/1:15/1:20

Main set 2x (2800/2100)

2 x 200 pull (5-6:1x200) 2:50/3:10/3:30/3:50/4:40/5:00

4 x 50 25 ez/ 25 stroke sprint 1:15/1:15/1:20/1:20/1:30/1:30

2 x 150 pull (5/6:2x100) 2:05/2:20/2:35/2:50/2:20/2:30

4 x 50 odd: Ez, even stroke sprint 1:15/1:15/1:20/1:20/1:30/1:30

2 x 100 free fast 1:20/1:30/1:40/1:50/2:15/2:20

50 Ez

Post set

4-8 x 50 1:00/1:05/1:10/1:15/1:20/1:25

-12.5 UW

-12.5 Ez free, 25 sprint choice

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Warm up: 300 swim, 200 kick, 200 pull, 200 IM drill/swim, 100 choice (1000)

Pre-set (1000)

1x 50 kick 1:05/1:10/1:15/1:25/1:30/1:45 (all kick same interval)

1x 50 swim 1:00/1:05/1:10/1:15/1:20/1:25

2 x 50 kick

2 x 50 swim :55/1:00/1:05/1:10/1:15/1:20

3 x 50 kick

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

4 x 50 kick

4 x 50 swim :45/:50/:55/1:00/1:15/1:20

Main set (2500)

300 pull (lane 5/6: 200) 4:00/4:45/5:15/5:45/5:00/5:30

2 x 150 negative split (lane 5/6: 2 x 100) 2:00/2:25/2:40/2:55/2:30/2:45

3 x 100 descend (lane 5/6: 2 x 100) 1:30/1:40/1:50/2:00/2:30/2:45

4 x 75 build (lane 5/6: 3 x 50) 1:15/1:20/1:30/1:35/1:45/1:55

200 pull (150) 2:40/3:15/3:40/4:00/3:40/4:00

2 x 100 IM 1:35/1:45/1:55/2:10/2:15/2:30

4x50 stroke/free but 25 IMO :50/:55/1:00/1:05/1:10/1:15

8 x 25 IMO (6, no free) - :30/:30/:35/:35/:40/:45

8 x 50 Ez/fast, ez, fast/ez, fast x 2 1:00/1:00/1:05/1:10/1:15/1:20

Post set (500): add 5s after each hundred

100 free 1:20/1:30/1:40/1:50/2:00/2:10

75 free/25 stroke 1:25/1:35/1:45/1:55/2:05/2:15

50/50

25/75

100 stroke

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Warm up: 300 swim, 200 kick, 200 pull, 200 reverse IM drill, 100 choice (1000)

Pre set 2x (1x) (1000/500)

100 free/stroke by 25 1:35/1:45/1:55/2:05/2:20/2:30

2 x 50 kick 1:10/1:15/1:20/1:25/1:35/1:45

100 IM 1:40/1:50/2:00/2:10/2:30/2:45

2 x 50 kick 1:10/1:15/1:20/1:25/1:35/1:45

100 free build 1:30/1:40/1:50/2:00/2:15/2:25

Main set 1 (1500/1050)

3 x 100 free (75) 1:30/1:40/1:50/2:00/1:40/1:50

2 x 150 free/stroke/free by 50 (100) 2:20/2:35/2:50/3:05/2:30/2:45

1 x 300 pull (200) 4:30/5:00/5:30/6:00/4:30/5:00

2 x 150 stroke/free/stroke by 50 (100) 2:25/2:40/2:55/3:10/2:40/2:55

3 x 100 free descend (75) 1:40/1:50/2:00/1:40/1:50

Main set 2 (1000/750)

4 x 50 free build (3) :50/:55/1:00/1:05/1:10/1:15

2 x 100 IM (75) 1:40/1:50/2:00/2:10/2:30/2:45

1 x 200 pull (150) 2:50/3:10/3:30/3:50/3:45/4:00

2 x 100 stroke (75) 1:40/1:50/2:00/2:10/2:30/2:45

4 x 50 free descend (3) :50/:55/1:00/1:05/1:10/1:15

Post set (300)

4 x 75 breath 3/4/5, 3/5/7, 7/5/3, 5/4/3

1:20/1:25/1:35/1:40/1:50/2:05