

# + Sacramento Triathlon Club Swim Workouts

## BEGINNER WORKOUT #1

Warm-up 150 swim, 100 backstroke, 150 kick

### Main Set

4 x 75 Drill, right arm only sighting, left arm only sighting, scull	15 seconds rest
4 x 75 Swim, first two laps moderate effort, sprint third lap	20 secs rest
2 x 75 Pulling, concentrate on shoulder rotation and catch	15 secs rest
2 x 75 Kick w/board, hard effort	20 secs rest
2 x 150 Swim, second one faster than the first one	1 minute rest between

### Cool Down

100 easy

Total Distance 1700 yards/meters

### Notes:

- *This workout requires a kickboard and pull buoy.*
- *To hold the kickboard correctly, place your hands at the top of the kickboard with your arms straight and resting on the board, the board should ride just below the surface of the water.*
- *Do not kick while using a pull buoy.*
- *GoSwim.TV has many excellent videos demonstrating drills.*
- *Backstroke can be very helpful for triathletes in open water situations, being comfortable on your back in the water is important.*
- *When swimming in a standards pool 1 length of the pool = 1 lap = 25 yards or meters. A 50 is the equivalent of 2 lengths of the pool or 2 laps, a 75 is 3 lengths of the pool or 3 laps, a 100 is four, and a 150 is six.*

## Beginner/Intermediate Workout #1

Warm-up 150 swim, 150 kick

### Drills

*15 seconds rest on all drills*

4 x 50 side kick, bottom arm extended, top arm fingers point toward feet, face turned up  
25 on each side

4 x 25 shark fin drill

4 x 75 first lap scull, second lap 10-10 drill, third lap catch-up freestyle

### Main Set

6 x 150 or 6 x 100, descending, on a 3-minute interval or 30 seconds rest

### Cool Down

100 easy

1900/1600 yards/meters

### Notes:

- *This workout requires a kickboard*
- *The three-minute interval includes the time it takes you to swim and your rest period, meaning you have 3 minutes to swim the 150 or 100 and rest before beginning the next one. 3-minute interval based on a metric pool and may be adjusted, you are looking to be able to swim and have no more than 30 seconds rest in your interval.*
- *GoSwim.TV has many excellent videos demonstrating drills.*
- *Shark fin drill is similar to catch-up freestyle, but hold your recovery elbow high before completing the stroke.*
- *10-10 drill is side kicking on one side for 10 kicks before taking a stroke and rotating to the other side for 10 kicks and so on.*



## Beginner/Intermediate Workout #2

Warm-up 150 Swim, 100 Kick, 50 Drill

### Main Set

Repeat the following 4 Times

2x25 Catch Up                      10 seconds rest

2x25 Fingertip Drag              10 seconds rest

4x25 Build                            15 seconds rest

2x400 Negative Split              1 minute rest

### Cool Down

100 easy

2000 yards/meters

### Notes:

- *This workout requires a kickboard.*
- *GoSwim.TV has many excellent videos demonstrating drills.*
- *For the fingertip drag drill keep your elbows high on the recovery and skim your fingertips along the surface of the water.*
- *Build – start at a moderate pace and increase your speed to a sprint at the end of each lap*
- *Negative split means the second 400 should be faster than the first one. A 400 is 16 laps.*



## Beginner/Intermediate Workout #3

Warm-up 100 freestyle, 100 backstroke, 100 kick

### Main Set

3 x 50 Catch-up drill	15 seconds rest
2 x 100 Kick on your side, switch sides every lap	20 seconds rest
4 x 75 Scull first lap, then swim	20 seconds rest
1 x 200 Freestyle	1-minute rest
1 x 150 pull or drill	1-minute rest
8 x 50 odd: kick w/board; even swim fast, w/fins	20 seconds rest

### Cool Down

100 easy

1800 yards/meters

### Notes:

- *This workout requires a kickboard and a pull buoy, fins are recommended.*
- *GoSwim.TV has many excellent videos demonstrating drills.*



## Intermediate Workout #1

Warm-up 300 swim, 200 kick, 200 pull

### Main Set

4 x 150 scull/50 drill/50 swim, w/fins	2:45 interval
250 swim	30 seconds rest
250 pull	
6 x 75 fly/back/breast	1:45 interval
400 swim	
7 x 50 back	1:10 interval
300 IM drill	
5 x 50 pull	1-minute interval
150 kick	30 seconds rest
200 IM drill/swim	

### Cool Down

100 easy

4000 yards/meters

### Notes:

- *This workout requires a kickboard, pull buoy and fins, paddles recommended.*
- *Set intervals are based on a 25-meter pool and may need to be adjusted.*
- *300 IM drill is 3 laps drill of each stroke, butterfly, backstroke, breaststroke, and freestyle in that order.*
- *GoSwim.TV has many excellent videos demonstrating drills.*



## Advanced Workout #1

Warm-up 400 swim, 300 kick, 200 pull, 100 swim

### Main Set

16 x 75 kick #1, drill #2, swim #3, sprint #4, kick #5 .... w/fins	kick & drill interval 1:40
	swim & sprint interval 1:25
6 x 200 swim with a consistent moderate pace	3:30
6 x 100 back	2:05
400 IM drill	
300 pull	
200 kick	

### Cool Down

100 easy

5000 yards/meters

### Notes:

- *This workout requires a kickboard, pull buoy and fins, paddles recommended.*
- *Set intervals are based on a 25-meter pool and may need to be adjusted.*