

Meridian Rolling Hills Club  
Swim Workouts by Susie Powell

<b>Workout #4</b>	<b>1000 Yards</b> 40 laps	<b>1500 Yards</b> 60 laps	<b>2000 Yards</b> 100 laps
<b>Warm-up</b>	S100, K100	3 X (S50,K50)	4X (S75, K25) Reverse IM
<b>Main Set</b>	3 X 100, R 10	4 X 100, R 10	5 X 100, R 10
	(Concentrate on being in	4 X 25 Hard, R 30	4 X 25 Hard, R 30
	an aerobic zone)	4 X 100, R10	5 X 100, R10
	4X 25 sprints, R20	100 EASY Kick	8 X 25 Kick Hard, R30
	3X 100, R10		3 X 50 S/K, R15
<b>Swim-down Choice</b>	S 100 EASY	S 200 EASY	S 150 EASY

Abbreviations:

S = swim

K = kick

R = rest

D = drill

K/S = kick/swim

IM = Individual Medley: butterfly, back, breast, free

Fr = free style

Fly = butterfly

Br = breast stroke

Bk = back stroke

Ch = your choice of stroke

E = easy

H = hard

on: = time interval

**For private lessons to learn drills, improve workouts, or core clinics with Susie**

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