

Example Swim Set

Description: Lots of fly with some speed work towards the end. *

Written August 4, 2016

Warmup	900 METERS	20 MINS
400	WU	-
8x25	Underwater Kick	:45
4x50	Fly Drill	1:00
2x50	Free Build	:55

Main Set	3800 METERS	55 MINS
12x75	4-Fr/Fly/Fr 4-Fly/Fr/Fly 4-Fly	1:15
10x150	O: Kick/Drill/Swim Fly E: IM No Breast	2:30
200	EZ	-
6x {		
{ 4x25	Fly AFAP	:25
{ 2x50	Free EZ	1:00

- Writer can make notes about a set like this

Cooldown	200 METERS	4 MINS
-----------------	-------------------	---------------

Total	4900 YARDS	1 HR 20 MINS
--------------	-------------------	---------------------

- The template used to create this PDF, *workout.cls*, was written by Michael Giancola. It is designed for creating visually pleasing and easy to read swimming workouts.

*Based on this set.