Superkids Multisport

Swim Workout – Sprint Training (2200)

- ## Warm-up
  - 800 easy with some drills
  - 2 x 100 descend with 0:20 rest

- ## Main Set
  - 16 x 25 @ 1:00

- ## Cool Down
  - 800 easy swimming

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Swim Workout – Endurance Training (2400)

- Warm-up
  - 400 easy with some drills
  - 6 x 50 with 0:30 rest (15 fast 35 easy)
- Main Set
  - 2 x 750 with 1:00 rest (swim second 750 faster than first)
- Cool Down
  - 200 easy swimming

Superkids Multisport

Swim Workout – Sprint Training (2400)

- Warm-up
  - 600 easy with some drills
  - 2 x 100 descend with 0:20 rest
  - 6 x 50 with 0:30 rest (15 fast 35 easy)

- Main Set
  - 100 @ 3:00
  - 2 x 75 @ 2:15
  - 3 x 50 @ 1:30
  - 4 x 25 @ 0:45

- Cool Down
  - 800 easy swimming

Superkids Multisport

Swim Workout – Endurance Training (2500)

- Warm-up
  - 400 easy with some drills
  - 2 x 100 descend with 0:20 rest

- Main Set
  - 200 with 1:00 rest
  - 50 / 100 / 150 / 200 / 250 with 0:15 rest
  - 250 / 200 / 150 / 100 / 50 with 0:15 rest

- Cool Down
  - 200 easy swimming

Superkids Multisport

- ## Warm-up
  - 800 easy with some drills
  - 2 x 100 descend 0:20 rest
  - 6 x 50 0:30 rest (odds build; evens 25 fast 25 easy)

- ## Main Set
  - 6 x 50 @ 1:45, or
  - 4 x 100 @ 3:00, or
  - 3 x 150 @ 6:00

- ## Cool Down
  - 600 easy swimming

Superkids Multisport

Swim Workout – Sprint Training (2900)

- ## Warm-up
  - 300 easy swim – include some drills
  - 300 pull with or without paddles

- ## Main Set (3x)
  - 4 x 100 fast with 1:00 rest
  - 75 steady pace then 25 fast with 0:30 rest
  - 50 steady pace then 50 fast with 0:45 rest
  - 25 steady pace then 75 fast with 1:00 rest

- ## Cool Down
  - 200 easy swimming can use pull with paddles or without

Superkids Multisport

Swim Workout – Sprint Training (3200)

- Warm-up
  - 400 swim, 200 kick, 200 swim
  - 12.5 easy, 12.5 fast 0:15 rest
  - 12.5 fast, 12.5 easy 0:15 rest
  - 25 easy 0:15 rest
  - 25 fast 1:00 rest

- Main Set
  - 50 fast, 150 steady 0:30 rest
  - 100 fast, 100 steady 0:30 rest
  - 150 fast, 50 steady 0:30 rest
  - 200 fast 1:00 rest
  - 150 fast, 50 steady 0:45 rest
  - 100 fast, 100 steady 0:45 rest
  - 50 fast, 150 steady 1:00 rest
  - The next three 3 times
    - 50 fast, 50 steady 0:30 rest
    - 100 fast 0:45 rest
    - 50 fast, 50 steady 1:00 rest

- Cool Down
  - 200 very easy