

Superkids Multisport

SWIM WORKOUT

Muscular Endurance - Day 1 of week

WARM-UP

300 free
400 alternating stroke
300 free
200 kick

THE MAIN SET

15 x 100 - race pace - 15 seconds rest interval

WARM DOWN

300 free or alternating stroke

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SWIM WORKOUT

Anaerobic Endurance - Day 2 of week

WARM-UP

300 free

8 x 75 Pull with 15 seconds rest interval

300 kick

THE MAIN SET

1 x 500 easy - 15 seconds rest interval

3 x 75 fast - 30 seconds rest interval

1 x 75 easy - 20 seconds rest interval

2 x 75 fast - 30 seconds rest interval

1 x 75 easy - 20 seconds rest interval

1 x 75 fast - 30 seconds rest interval

WARM DOWN

200 free or alternating stroke

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SWIM WORKOUT

Muscular Endurance - Day 3 of week

WARM-UP

400 free

200 pull

8 x 25 build

THE MAIN SET

4 x 300 - race pace - 30 seconds rest interval

6 x 50 - race pace - 15 seconds rest interval

WARM DOWN

300 free or alternating stroke

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SWIM WORKOUT

Anaerobic Endurance - Day 4 of week

WARM-UP

200 free

4 x 50 (25 scull / 25 swim)

4 x 50 (25 kick / 25 swim)

THE MAIN SET

6 x 100 fast - 20 seconds rest interval

1 x 300 - kick with board

3 x (5 x 50 fast - 10 seconds rest interval)

with 2 minutes rest in between each of 3 mini sets

WARM DOWN

200 free or alternating stroke

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SWIM WORKOUT

Muscular Endurance - Day 5 of week

WARM-UP

4 x 150 (100 free / 50 kick no board)
200 drill

THE MAIN SET

2 x 500 - race pace - 30 seconds rest interval
8 x 100 - race pace - 20 seconds rest interval
8 x 50 - race pace - 15 seconds rest interval

WARM DOWN

300 free or alternating stroke

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SWIM WORKOUT

Anaerobic Endurance - Day 6 of week

WARM-UP

200 free

100 drill

400 pull

THE MAIN SET

4 x (4 x 100 - 20 seconds rest interval)

1st 100 - 75 moderate and 25 fast

2nd 100 - 50 moderate and 50 fast

3rd 100 - 25 moderate and 75 fast

4th 100 - 100 fast

300 pull

WARM DOWN

200 free or alternating stroke