

# Superkids Multisport

Swim Workout – Distance A (Youth & Junior Elite) – 4100 yd

## WARM-UP

- 400 swim as 2 times through (150 freestyle, 50 stroke)
- 8 x 150 Swim
  - 2 – Freestyle breathing 3/5/7
  - 2 – Freestyle/Head-up/Freestyle
  - 2 – Freestyle/Fly/Freestyle
  - 2 – Freestyle/Back/Freestyle

## THE MAIN SET

- 15 x 100 Freestyle swim @1:40
  - 5 – Max heart rate -30 (If max heart rate = 200, target is 170)
  - 5 – Max heart rate -20
  - 5 – Max heart rate -10

## RECOVERY

- 3x100 Freestyle swim @1:45

## DRILL WORK (With fins)

- 3x100 (Kick/scull/drill/swim by 25)
- 4x50 Swim w. fins [25m BLAST, 25m easy] @1:00

## WARM-DOWN

- 200m loose

# Superkids Multisport

Swim Workout – Distance B (Youth Elite) – 3250 yd

## WARM-UP

- 400 swim as 2 times through (150 freestyle, 50 stroke)
- 8 x 150 Swim @2:15
  - 2 – Freestyle breathing 3/5/7
  - 2 – Freestyle/Head-up/Freestyle
  - 2 – Freestyle/Fly/Freestyle
  - 2 – Freestyle/Back/Freestyle

## MAIN SET – Three Rounds

### Round 1

- 3 x 150 free – 200 free @ 2:00
- 2 x 150 free – 200 free @ 2:00
- 1 x 150 free – 200 free @ 2:00

### Round 2

- 3 x 75 free – 1 x 100 free @ 1:00
- 2 x 75 free – 1 x 100 free @ 1:00
- 1 x 75 free – 1 x 100 free @ 1:00

### Round 3

- 3 x 25 free – 1 x 50 free @ :30
- 2 x 25 free – 1 x 50 free @ :30
- 1 x 25 free – 1 x 50 free @ :30

## WARM-DOWN

- 200m loose

# Superkids Multisport

Swim Workout – Distance B (Junior Elite) – 4250 yd

## WARM-UP

- 400 swim as 2 times through (150 freestyle, 50 stroke)
- 8 x 150 Swim @2:15
  - 2 – Freestyle breathing 3/5/7
  - 2 – Freestyle/Head-up/Freestyle
  - 2 – Freestyle/Fly/Freestyle
  - 2 – Freestyle/Back/Freestyle

## MAIN SET – Three Rounds

### Round 1

- 4 x 150 free – 200 free @ 2:00
- 3 x 150 free – 200 free @ 2:00
- 2 x 150 free – 200 free @ 2:00
- 1 x 150 free – 200 free @ 2:00

### Round 2

- 4 x 75 free – 1 x 100 free @ 1:00
- 3 x 75 free – 1 x 100 free @ 1:00
- 2 x 75 free – 1 x 100 free @ 1:00
- 1 x 75 free – 1 x 100 free @ 1:00

### Round 3

- 4 x 25 free – 1 x 50 free @ :30
- 3 x 25 free – 1 x 50 free @ :30
- 2 x 25 free – 1 x 50 free @ :30
- 1 x 25 free – 1 x 50 free @ :30

## WARM-DOWN

- 200m loose