

Hardy Freestyle Workout

Warm Up (set total: 500)

200 smooth swim
200 IM - 25 kick on back / 25 swim
4x25 build swim

Running Total: 500

Set 1 (set total: 400) - Running Total: 900

16x25 fast free on interval with about :15R
- When you go too slow (missing a goal time), rest one interval, then continue. You may need to adjust the number of repeats for yourself.

Set 2 (set total: 400)

200 kick with snorkel, fins, and swim keel. Alternate 25's flutter and dolphin. Descend the 50's 1-4
200 drill with snorkel and fins.

- 1st 100 alternate 25 fist and 25 hinge catchup.
- 2nd 100 alternate 25 fist and 25 regular catchup.

Running Total: 1300

Set 3 (set total: 700)

4x150 done as: 100 medium, rest :10 seconds, 50 fast. The whole 150 is on an interval that gives you about :15-:30 seconds rest after the 50.

1x100 easy recovery

Running Total: 2000

Set 4 (set total: 1000)

Descended each group, either by effort or speed. I took a 1-1.5 minutes as the extra rest.

4x100 aerobic pace; then - take extra rest
3x100 strong; then - take extra rest
2x100 faster; then - take extra rest
1x100 fastest

Running Total: 3000

Set 5 (set total: 300)

1x100 easy recovery
1x200 pull with snorkel and paddles. Focus on distance per stroke and catch.

Running Total: 3300

Set 6 (set total: 200)

4 Rounds: 1x25 - 12.5 tarzan, then coast to the wall
 1x25 - swim, quarters pattern. Add a little fast each round, pattern below:
 #1 6.25 sprint, then coast.
 #2 12.5 sprint, then coast.
 #3 18.75 sprint, then coast.
 #4 25 sprint

Running Total: 3500

Warm Down (set total: 125)

Running Total: 3625

1x25 "chair scull" - *I travel down the pool, about :15 seconds forward, sideways, backwards, other side, and then forward till the end of the 25.*

1x25 backwards freestyle

1x25 windshield wiper scull

1x25 sculling on back, feet first

1x25 zen dolphin dives with a leap out of the pool at the end