

Whitewater Swimming

Advanced Distance Workout #1

(Intervals can be adjusted to meet different skill levels.)

Warmup:

200 easy

10 x 100 25 stroke (no free) 75 free 1:30

10 x 50 :45

Main set:

800 10:40 1:20 per 100

600 7:30 1:15 per 100

400 4:40 1:10 per 100

200 2:15 1:07.5 per 100

10 x 50 easy 1:15

200 2:40 1:20 per 100

400 5:00 1:15 per 100

600 7:00 1:10 per 100

800 9:00 1:07.5 per 100

Warmdown:

12 x 50 25 kick on back breast 25 free 1:05

Total: 6300 yards or meters

