

Whitewater Swimming

Advanced Sprinters Workout #1

Warmup: 1 x 600 easy as follows

300 easy free

200 pull

100 kick

4 x 25 sprints :30

1 x 100 easy 2:00

4 x 25 sprints :25

1 x 100 easy 2:00

4 x 25 sprints :20

1 x 100 easy 2:00

15 x 50 2 easy 1 sprint 1:15

Try to hold within 1-2 seconds of your best 50 time for each sprint

5 x 50 easy 1:00

2 x 100 sprint 5:00

Try to hold within 2-4 seconds of your best 100 time for each sprint

3 x 100 easy Warmdown 2:00

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Intervals can be Adjusted to meet various skill levels or if training in 50 meter pool.

2700 Meters or Yards Total

