

Draper Recreation Center

Adult Swim Group – “Do It Yourself” Workouts

Week of May 16 – May 22

1,500 Yard/Meter Workouts

Swim #1

Warm-Up

- 200 yards/meters (nice and easy – stretching)
- 100 yards/meters (kicking – with or without fins)

Main Set

- 100 yards/meters – 75% pace (30 seconds rest)
- 100 yards/meters – 80% pace (30 seconds rest)
- 100 yards/meters – 85% pace (30 seconds rest)
- 100 yards/meters – 90% pace (30 seconds rest)
- 100 yards/meters – 95% pace (30 seconds rest)
- 100 yards/meters – 100% pace (30 seconds rest)
- 100 yards/meters – 100% pace (30 seconds rest)
- 100 yards/meters – 90% pace (30 seconds rest)
- 100 yards/meters – 90% pace (30 seconds rest)

Cool Down

- 300 yards/meters (nice and easy)

Swim #2

Warm-Up

- 200 yards/meters (nice and easy – stretching)
- 100 yards/meters (kicking – with or without fins)

Main Set

- 2 X 100 yards/meters (30 seconds rest)
- 500 yards/meters (80% effort)
- 2 X 100 yards/meters (as fast as you can)

Cool Down

- 300 yards/meters (nice and easy)

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1,500 Yard/Meter Workouts

Swim #3

Warm-Up

- 300 yards/meters (nice and easy – stretching)

Main Set

- 50 yards/meters (30 seconds rest)
- 100 yards/meters (30 seconds rest)
- 150 yards/meters (30 seconds rest)
- 200 yards/meters (30 seconds rest)
- 200 yards/meters (arms only – with or without paddles) (30 seconds rest)
- 150 yards/meters (30 seconds rest)
- 100 yards/meters (30 seconds rest)
- 50 yards/meters (30 seconds rest)

Cool Down

- 200 yards/meters (nice and easy)

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Adult Swim Group – “Do It Yourself” Workouts

Week of May 16 – May 22

2,500+ Yard/Meter Workouts

Swim #1

Warm-Up

- 400 yards/meters (nice and easy – stretching)

Main Set

- 100 yards/meters – 75% pace (30 seconds rest)
- 100 yards/meters – 80% pace (30 seconds rest)
- 100 yards/meters – 85% pace (30 seconds rest)
- 100 yards/meters – 90% pace (30 seconds rest)
- 100 yards/meters – 95% pace (30 seconds rest)
- Repeat above bullet points an additional time
- 4 X 100 yards/meters – 100% pace (1 minute rest for each)
- 100 yards/meters – 80% pace (30 seconds rest)
- 100 yards/meters – 80% pace (30 seconds rest)
- 300 yards/meters (arms only – with or without paddles)

Cool Down

- 200 yards/meters (nice and easy)

Swim #2

Warm-Up

- 400 yards/meters (nice and easy – stretching)
- 100 yards/meters (kicking – with or without fins)

Main Set

- 8 X 50 yards/meters (30 seconds rest)
- 1,400 yards/meters (80% effort)
- 2 X 100 yards/meters (as fast as you can – 1 minute rest)

Cool Down

- 200 yards/meters (nice and easy)

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Adult Swim Group – “Do It Yourself” Workouts

Week of May 16 – May 22

2,500+ Yard/Meter Workouts

Swim #3

Warm-Up

- 400 yards/meters (nice and easy – stretching)

Main Set

- 100 yards/meters (30 seconds rest)
- 150 yards/meters (30 seconds rest)
- 200 yards/meters (30 seconds rest)
- 250 yards/meters (arms only – with or without paddles) (30 seconds rest)
- 300 yards/meters (30 seconds rest)
- 300 yards/meters (arms only – with or without paddles) (30 seconds rest)
- 250 yards/meters (30 seconds rest)
- 200 yards/meters (30 seconds rest)
- 150 yards/meters (30 seconds rest)
- 100 yards/meters (30 seconds rest)

Cool Down

- 200 yards/meters (nice and easy)