

Draper Recreation Center

Adult Swim Group – “Do It Yourself” Workouts

Week of May 23 – May 29

1,500 Yard/Meter Workouts

Swim #1

Warm-Up

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

Main Set

- 400 yards/meters
- 100 yards/meters (kicking – with or without fins)
- 1 X 100 yards – 100% pace (1 minute rest)
- Repeat above bullet points an additional time

Cool Down

- 200 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

- 100 yards/meters (arms only – with or without paddles and buoy)
- 100 yards/meters – 100% pace
- 200 yards/meters – 80% pace
- 200 yards/meters (arms only – with or without paddles and buoy)
- Repeat above bullet points an additional time
- 2 X 100 yards/meters – 100% pace

Cool Down

- 200 yards/meters (nice and easy)

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Week of May 23 – May 29

1,500 Yard/Meter Workouts

Swim #3

Warm-Up

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

Main Set

- 1,000 yards/meters (alternating between 100% and 80% pace every 50 yards/meters)

Cool Down

- 200 yards/meters (nice and easy)

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Adult Swim Group – “Do It Yourself” Workouts

Week of May 23 – May 29

2,500+ Yard/Meter Workouts

Swim #1

Warm-Up

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

Main Set

- 400 yards/meters
- 100 yards/meters (kicking – with or without fins)
- 3 X 100 yards/meters – 100% pace (1 minute rest for each)
- Repeat above bullet points an additional three (3) times

Cool Down

- 200 yards/meters (nice and easy)

Swim #2

Warm-Up

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

Main Set

- 100 yards/meters (arms only – with or without paddles and buoy)
- 100 yards/meters – 100% pace
- 200 yards/meters – 80% pace
- 200 yards/meters (arms only – with or without paddles and buoy)
- 200 yards/meters – 85% pace
- Repeat above bullet points and additional five (5) times
- 3 X 100 yards/meters - 100% pace

Cool Down

- 200 yards/meters (nice and easy)

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Adult Swim Group – “Do It Yourself” Workouts

Week of May 23 – May 29

2,500+ Yard/Meter Workouts

Swim #3

Warm-Up

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

Main Set

- 1,500 yards/meters (alternating between 100% and 80% pace every 50 yards/meters)

Cool Down

- 200 yards/meters (nice and easy)