

CAQT

WORKOUTS



Workout 5/31 BY: Todd @ CSU

Warm-up:

1 X 200 SWIM

1 X 200 KICK

1 X 200 PULL

Drill Set:

8 X 50 Drill (2 laps - 25 catch-up stroke, 25 swim;
2 laps - breath every third stroke; 2 laps - 50
catch-up stroke; 2 laps - regular swim, focus on
technique)

Main Set:

1 X 200 swim for time, 85% effort, on 4:00
minutes

-50 easy swim-

2 X 100 swim for time, 95% effort, with :20
seconds rest in between each 100, on 4:00
minutes

-50 easy swim-

4 X 50 swim for time, 100% effort, with :10
seconds rest in between each 50

-100 easy swim-

(Record each 200 time and descend times as you
go.)