

Draper Recreation Center

Adult Swim Group – “Do It Yourself” Workouts

Week of May 2 – May 8

1,500 Yard/Meter Workouts

Swim #1

Warm-Up

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

Main Set

- 5 X 200 yards/meters (progressively increasing pace each 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

- 400 yards/meters
- 300 yards/meters
- 200 yards/meters
- 100 yards/meters (progressively increasing pace each time – last one, fast one!)

Cool Down

- 200 yards/meters (nice and easy)

Swim #3

Warm-Up

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

Main Set

- 100 yards/meters (starting out fast – can you beat your fastest time on Swim #2?)
- 200 yards/meters
- 300 yards/meters
- 400 yards/meters (progressively decreasing pace each time – first one, fast one!)

Cool Down

- 200 yards/meters (nice and easy)

Draper Recreation Center

Adult Swim Group – “Do It Yourself” Workouts

Week of May 2 – May 8

2,500+ Yard/Meter Workouts

Swim #1

Warm-Up

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

Main Set

- 5 X 200 yards/meters (progressively increasing pace each time – 30 seconds rest)
- 5 X 100 yards/meters (progressively increasing pace each time – 20 seconds rest)
- 5 X 50 yards/meters (progressively increasing pace each time – 20 seconds rest)

Cool Down

- 300 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

- 400 yards/meters (30 seconds rest)
- 300 yards/meters (30 seconds rest)
- 200 yards/meters (30 seconds rest)
- 100 yards/meters (as fast as you can – 1 minute rest)
- 200 yards/meters (30 seconds rest)
- 300 yards/meters (1 minute rest)
- 400 yards/meters (as fast as you can – yes, you read that right!)

Cool Down

- 200 yards/meters (nice and easy)

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Adult Swim Group – “Do It Yourself” Workouts

Week of May 2 – May 8

2,500+ Yard/Meter Workouts

Swim #3

Warm-Up

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

Main Set

- 100 yards/meters (starting out fast – 1 minute rest)
- 200 yards/meters (30 seconds rest)
- 300 yards/meters (30 seconds rest)
- 400 yards/meters (1 minute rest – can you beat your fastest time on Swim #2?)
- 400 yards/meters (arms only – with or without paddles – 30 seconds rest)
- 300 yards/meters (30 seconds rest)
- 200 yards/meters (30 seconds rest)
- 100 yards/meters (as fast as you can)

Cool Down

- 200 yards/meters (nice and easy)