

Brent Hobb's Gyro Loop Swim Workouts

Workout #1

1800 m. total (each buoy = 50 m interval)

Lap 1: 400 m gradual freestyle build up; 200 m moderate pace freestyle; 200 m hard freestyle

Lap 2: 200 m freestyle stroke drill of your choice; then alternate between the buoys (easy 50 m, hard 50 m and so forth) for 400 m; then sprint home (200 m)

Cool down with 200 m swim

Workout #2

1800 m total (each buoy = 50 m interval)

Lap 1: 400 m gradual freestyle build up; 400 m moderate freestyle holding a steady pace

Lap 2: 400 m alternating easy 50m and moderate 50 m; 200 m moderate pace; finish with a 200 m sprint to the finish

Cool down with 200 m swim