

## SPRINT DISTANCE

### Workout 1

500m (100m Easy, 100m Medium, 100m Hard, 100m Medium,  
**Warm-Up:** 100m Easy)

**Main Set:** 300m (Alternate 20 Strokes Easy, 20 Strokes Hard)  
500m (Alternate 50 Catch-Up Free Drill, 50 Fast Swim)

**Cool Down:** 300m Walk / Easy swim back to start line

**Total Distance:** 1600m

### Workout 2

**Warm-Up:** 500m (250m Easy, 250 Medium)

**Main Set:** 300m (Medium-Hard)  
500m (Draft off of swimming partner - switch leaders every 50m)

300m (Alternate 20 strokes of catch-up free drill, 20 strokes easy  
**Cool Down:** swim)

**Total Distance:** 1600m

### Workout 3

**Warm-Up:** 500m (250m Easy Swim, 250m Catch-Up Free Drill)

**Main Set:** 800m (300m Moderate Pacing, 500m Hard Swim)

**Cool Down:** 300m (Practice Sighting every 15 strokes)

**Total Distance:** 1600m

**Created By:** Jonathan Smirl -- Okanagan Masters Swim Club (2009)

## OLYMPIC DISTANCE

### Workout 1

500m (100m Easy, 100m Medium, 100m Hard, 100m Medium,  
**Warm-Up:** 100m Easy)

**Main Set:** 300m (Alternate 20 Strokes Easy, 20 Strokes Hard)  
500m (Alternate 50 Catch-Up Free Drill, 50 Swim)  
300m (Fast Swim)

**Cool Down:** 500m (100m Hard, 200m Medium, 200m Easy)  
300m walk / swim back to start line

**Total Distance:** 2100 / 2400m

### Workout 2

**Warm-Up:** 500m (250m Easy, 250 Medium)

**Main Set:** 300m (Medium-Hard)  
500m (Draft off of swimming partner - switch leaders every 50m)  
300m (Hard)  
500m (Increase tempo every 100m)

300m (Alternate 20 strokes of catch-up free drill, 20 strokes easy)  
**Cool Down:** swim)

**Total Distance:** 2400m

### Workout 3

500m (100 Catch-Up Drill, 100 Easy Swim, 100 Zipper Drill, 100  
**Warm-Up:** Medium, 100 Hard)

**Main Set:** 300m (Practice Sighting every 15 strokes)  
500m (Medium Pace)  
300m (Practice Sighting every 15 strokes)  
500m (Hard Pace)

**Cool Down:** 300m (Practice Sighting every 15 strokes)

**Total Distance:** 2400m

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## HALF-IRON DISTANCE

### Workout 1

500m (100 Easy, 100 Zipper Drill, 100 Medium, 100 Catch-up, 100  
**Warm-Up:** Hard)

**Main Set:** 300m (Practice Sighting every 15 strokes)  
500m (Long Smooth Strokes)  
300m (Medium Swim Pace)  
500m (Hard Swim Pace)

**Cool Down:** 300m (Practice Sighting every 15 strokes)

**Total Distance:** 2400m

### Workout 2

**Warm-Up:** 500m (150 Easy, 150 Medium, 150 Hard, 50 Sprint)

**Main Set:** 300m (Alternate 20 Strokes Drill, 20 Strokes Smooth Swim)  
500m (Practice Drafting -- Switch leaders every 100m)  
300m (Pace line swimming -- leader goes for 30 strokes and moves  
aside)  
500m (Descend the 100s -- get faster every 100m)

**Cool Down:** 300m (Begin at Medium-Hard Pace and end with Easy Swimming)

**Total Distance:** 2400m

### Workout 3

**Warm-Up:** 500m (150 Drill, 100 Easy Swim, 150 Drill, 100 Medium Swim)

**Main Set:** 300m (Smooth Swim)  
500m (Medium Pace Swim)  
300m (Medium-Hard Pace Swim)  
500m (Hard Pace Swim)

**Cool Down:** 300m (Alternate 20 strokes Drill, 20 strokes smooth swim)

**Total Distance:** 2400m

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## IRONMAN DISTANCE

### Workout 1

500m (100m Easy, 100m Moderate, 100m Hard, 100m Moderate,  
**Warm-Up:** 100m Easy)

**Main Set:** 800m (Practice Drafting -- Switch Leaders every 100m)  
800m (Medium Pace)  
800m (Medium-Hard Pace)  
800m (Hard Pace)

**Cool Down:** 300m (Alternate 20 Strokes Drill, 20 Strokes Smooth Swim)

**Total Distance:** 4000m

### Workout 2

**Warm-Up:** 500m (200 Drill, 100 Swim, 200 Drill)

800m (300m Practice Sighting every 15 strokes, 500m Drafting -  
**Main Set:** switch leader every 50m)  
800m (300m Practice Sighting every 15 strokes, 500m - alternate 100  
Drill, 100 Swim)  
800m (300 Practice Sighting every 15 strokes, 500m Drafting switch  
leader every 100m)  
800m (300m Steady Pacing, 500m get Faster every 100m)

**Cool Down:** 300m (Easy Swim)

**Total Distance:** 4000m

### Workout 3

800m (500m - alternate 50 Swim, 50 Drill, 300m Practice sighting  
**Warm-Up:** every 15 strokes)

**Main Set:** 800m (Medium Pacing - focus on stroke length)  
800m (As FAST as you can)  
800m (Medium Pacing - focus on stroke length)  
800m (As FAST as you can)  
500m (Relax and get the Heart Rate back down)

**Cool Down:** 300m (Alternate - 20 strokes drill, 20 strokes smooth)

**Total Distance:** 4800m

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