

## **Sprint – short workouts (can also be used for breaststroke and fly)**

1) Warm up swim 300 metres

3x25 FC + 50 easy

3x 25 BK + 50 easy

3 x 25 own choice +50 own choice

When sprinting do not breathe for the first 10 strokes or, if possible, not at all.

On the 50s easy but go fast into each tumble turn.

Swim down 6-8 lengths mix of FC & BK.

2) Warm up 12 lengths– 4FC/4BK 2FC/BK

1) 2 lengths FC on 60s 4 on 2 minutes

2) 4 lengths on backstroke on 3 minutes

Repeat 1

Repeat 2

Repeat 1

Swim down 6-8 lengths mix of FC & BK.