

Advanced Workout for April 21, 2026

3,000 Yards



WARM-UP

- 4 x 50yd Freestyle Easy pace, rest 15 seconds after each 50yds
- 2 x 50yd Backstroke Easy pace, rest 15 seconds after each 50yds
- 4 x 50yd Freestyle Easy pace, rest 15 seconds after each 50yds
- 2 x 50yd Breaststroke Easy pace, rest 15 seconds after each 50yds

BUILD UP (REPEAT TWICE)

1 x 100yd Single arm freestyle Swim, 6x left arm, 6 x right arm, 6 x full normal stroke, rest 15 seconds after each 100yds

- Freestyle using one arm at a time, try to focus on good shoulder and hip rotation. Complete 6 arm strokes with the left arm, 6 arm strokes with the right arm followed by 6 strokes as normal using both arms. The non stroking arm is held out in front in streamlined position.

6 x 50yd Freestyle DPS, rest 10 seconds after 50yds

- Freestyle swim with maximum Distance Per Stroke. Concentrate on long, efficient strokes and using a high streamlined body position. Count strokes each 25yds and try to reduce the number of strokes it takes each 25.

1 x 100yd freestyle swim (even pace), rest 10 seconds after 100yds

CORE (REPEAT THREE TIMES)

4 x 100yd Individual medley, rest 20 seconds after each 100yds

- Swim strokes in IM order, if you prefer you can swim 100 of each stroke.

COOL DOWN

- 2 x 50yd breaststroke easy pace, rest 10 seconds after each 50yds
- 2 x 50yd Freestyle easy pace, rest 10 seconds after each 50yds