

## Coach Jedow's

### Pre-Season or Away From the Team Workout Grid

	1	2	3	4	5
Warm-ups	10 x 50's @	5 x 100's @	2 x 250's Free	500 Free	200 Free 6 x 50's Free
Drill	5 x 100's Drill IM	10 x 50's Free Drill 9K, RA, LA, C- up, Pause	12 x 25's Drill IMO 2 x 100 Free Drill	10 x 50's Drill 5 Worst Stk 5 Best Stroke	8 x 50's Drill RIMO 2 x 50 Fr C-up
Swim	500 Free Swim	5 x 100 IM Or 5 x 100 No Fr	10 x 50's Odd Free Even NoFr	4 x 125's IM 50-25-25-25 25-50-25-25 25-25-50-25 25-25-25-50	50 Free Build 75 IM No Fr X 4
Kick	500 IM Kick	10 x 50's 5 Free-5 Choice	3 x 25's Spr K-Fr 50 Ch EZ	5 x 100's 25Fast-50EZ- 25 Fast Ch	4 x 125 (50 IMO 4x (25 Sp fr (50 No Fr
Pull	10 x 50's 4 free/1 Brst	500 Pull 3/4/5/4/3	4 x 125's 50 Brst- 75 Fr	2 x 250's Free 3/2/3/2	4 x 50's Des 300 DPS
Swim	4 x 75's Free build 200 EZ	12 x 25's IMO @ 30 2 x 100 Ch EZ	6 x 50's No Free Build 200 EZ FR	Odd 25 Free Fast – 75 EZ Ch Even 75 Free Fast – 25 EZ Ch	10 x 50's 8 RIMO x 2 2 Fr DPS

Above are 5 base line 3000 yd/m workouts you can do to stay in shape. Each square is 500yds. You pick the repeat interval/rest based upon your conditioning.(Only rest 1-2 minutes between sets) Please note there are multiple combinations from this you can do. There are over 120 different 3000 yd/m workouts using the formula above selecting 1 from each category. Not to mention each set can be changed in intensity to give you a different element of challenge. Advanced level swimmers double up on squares to add more to the workout.

## Have Fun!