

U19 Workouts

All the laps are with fins, mask and snorkel. No gloves or stick needed.
“kick” laps may be aided with a kickboard (recommended, but optional)

No rest between sets unless indicated

Try to remember your times. Use personal watch. For example this one:

Timex Men's T5K642M6 Marathon Digital Display Quartz Black Watch http://www.amazon.com/Timex-T5K642M6-Marathon-Digital-Display/dp/B008CXNW80/ref=sr_1_2?m=ATVPDKIKX0DER&s=apparel&ie=UTF8&qid=1428972176&sr=1-2

Price: \$13.95 *Free Shipping for Prime Members* & Free Returns. [Details](#)

I have Amazon Prime, I can order one for each of you with free shipping, just let me know.

See workouts in next page

Week 1 – April 13 to 19

Workout 1

Warmup + Workout

2700 yards

50:00 min (aprox.)

Warmup

500 yards

9:00 min (aprox.)

length	what?	time (estimate)
100	swim	1:45
100	HUHO	1:45
100	swim	1:45
100	HUHO	1:45
100	FU	2:00

100's Workout

2200 yards

41:00 min

Sets	length	what?	time (each)	Speed	time (all sets)
4	100	swim	1:45	Fast	7:00
2	200	kick	3:30	Moderate	7:00
1	400	swim	7:00	Moderate	7:00
2	200	kick	3:30	Moderate	7:00
4	100	swim	1:45	Fast	7:00
1	Rest 2'		2:00		2:00
2	100	FU	2:00	Moderate	4:00
1	50	UNDER	1:00	No breathing	1:00

Workout 2

Warmup + Workout

2500 yards

48:45 min (aprox.)

Warmup

500 yards

9:00 min (aprox.)

length what?

100 swim

100 HUHO

100 swim

100 HUHO

100 FU

100's Workout

2000 yards

39:45 min

Sets	length	what?	time (each)	time (all sets)
4	100	swim	1:45	7:00
4	100	HUHO	2:00	8:00
3	100	HOHU	1:45	5:15
3	100	TOFU	2:00	6:00
3	100	OUOU	2:30	7:30
3	100	FU	2:00	6:00

Workout 3

Warmup + Workout

2300 yards
43:00 min (aprox.)

Warmup

500 yards
9:00 min (aprox.)

length what?
100 swim
200 kick
100 HOHU
100 FU

100's Workout

1800 yards
34:00 min

Sets	length	what?	time (each)	Speed
1	50	swim	0:45	Moderate
1	50	FU	1:00	Fast
1	100	swim	1:45	Moderate
1	50	FU	1:00	Fast
1	150	swim	2:30	Moderate
1	50	FU	1:00	Fast
1	200	swim	3:30	Moderate
1	50	FU	1:00	Fast
1	150	swim	2:30	Moderate
1	50	FU	1:00	Fast
1	100	swim	1:45	Moderate
1	50	FU	1:00	Fast
1	50	swim	0:45	Moderate
1	50	FU	1:00	Fast
1	100	swim	2:30	Easy
1	50	FU	1:00	Fast
5	50	UO	1:00	Fast
5	50	UO	1:00	Fast

Week 2 – April 20 to 27

Workout 4

**Warmup +
Workout**

2500	yards	Warmup	yards	
51:40	min	400	min	(aprox.)
		7:00		

length	what?
100	swim
100	HUHO
100	HOHU
100	Kick

Workout

2100	yards
44:40	min

Sets	length	what?	time (each)	Speed	Target time
4	100	swim	1:45	Fast	1:15
	Rest		1:00		
6	75	(FU + kick + HUHO)	1:30	Fast	1:00
	Rest		1:00		
10	75	(FU fluffer + FU dolphin + swim)	1:30	Fast	1:00
	Rest		1:00		
8	50	OU	1:00	Moderate	0:50
	Rest		1:00		
4	25	FU	0:25	Moderate	0:18

Workout 5

This workout is designed to build up your speed for short distances. Try as best you can to go 100% on all the sprint lengths, they are only 25 yards long. You can deal with the burn for that short time. It's a short total distance (1500 yards) with a lot of rest (total time 43')

Warmup + Workout		Warmup		
1900	yards	400	yards	
50:45	min	7:30	min	(aprox.)
			length	what?
			100	swim
			100	kick
			100	swim
			100	kick

Workout					
1500	yards				
43:15	min				
Sets	length	what?	time (each)	Speed	Target time
4	25	kick, no fins, w/board	1:30	Fast	0:25
8	50	swim	1:15	Fast	1st 25: 0:15 , 2nd 25: 0:25 (0:40 total)
4	25	kick	1:00	Fast	0:20
8	50	swim	1:15	Fast	1st 25: 0:15 , 2nd 25: 0:25 (0:40 total)
4	25	kick	1:00	Fast	0:20
3	100	UOUO	1:45	Fast	1st 25: 0:15 , 2nd 25: 0:25 (0:40 total)
4	25	kick	1:00	Fast	0:20

Workout 6

This workout is adapted from one of Tyera's. 2200 yards.

75s = Consistent speed throughout each 75. Faster with each iteration. Try to beat your previous 75 time, while being consistent throughout each 75.

Warmup + Workout		Warmup			
2400	yards	800	yards		
46:40	min	14:00	min	(aprox.)	
			length	what?	
			400	swim	
			100	HUHO	
			100	HOHU	
			100	TOFU	
			100	UOUO	
Workout					
1600	yards				
32:30	min				
Sets	length	what?	time (each)	Speed	Target time
4	75	HOHU	1:20	Fast	1:00
	Rest		0:40		
4	75	HUHO	1:20	Fast	1:00
	Rest		0:40		
4	75	UOUO	1:20	Fast	1:00
1	100	swim	2:10	Easy	Easy
4	100	Kick	2:00	Fast	1:30
	Rest		1:00		
2	100	FU	2:00	Moderate	1:45

Workout 7

Warmup + Workout 2400 yards 48:00 min	Warmup 400 yards 8:00 min length what? 100 swim 100 BOGDAT 100 HUHO 100 OUOU
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Workout	yards			time	Speed	Target
	min	length	what?	(each)		time
2000						
40:00						
Sets		length	what?	time	Speed	Target
1		300	Kick	5:00	Fast	4:30
4		100	HUHO	1:45	Fast	1:30
4		100	TOFU	1:45	Fast	1:30
1			Rest	1:00		
4		100	OUOU	2:00	Moderate	1:45
4		100	FU	2:15	Moderate	2:15
1			Rest	1:00		
4		25	kick	0:30	Fast	

Workout 8

Warmup + Workout 1900 yards 45:00 min		Warmup 700 yards 6:45 min (aprox.) length what? 300 swim 200 kick 200 HUHO			
Workout 1200 yards 38:15 min					
Sets	length	what?	time (each)	Speed	Target time
3	200	25 Kick, dolphin 25 Kick, fluffer 50 swim 100 HOHU	3:45	Fast Fast Moderate Fast	3:00
		Rest	0:45		
4	200	Swim #1 50 fast/150 easy #2 100 fast/100 easy #3 150 fast/50 easy #4 200 fast	3:30	Fast/Easy Fast/Easy Fast/Easy Fast	3:10 3:00 2:50 2:40
1		Rest	1:00		
8	25	FU Alternate slow-easy: Odds: finger tip crawl, very slow Evens: Easy	0:30		
1	100	Swim easy	1:45		
3	100	UOHO each 100 swim should be faster	1:45		
4	25	kick	0:30		

Workout 9

Warmup + Workout 2200 yards 40:30 min	Warmup 400 yards 7:30 min length 100 what? 100 swim 100 kick 100 HUHO 100 OUOU
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Workout

This is the Game Set. Swim it with the intensity of a high level UWH game. No rest except for half time rest

1800 yards

33:00 min

Sets	length	what?	time (each)	Speed
1	200	HOHU	3:00	Fast
1	100	OUOU	2:00	Fast
1	200	HUHO	3:00	Fast
1	100	OUOU	2:00	Fast
1	200	TOFU	3:00	Fast
1	100	OUOU	2:00	Fast
1		Rest	3:00	
1	200	HOHU	3:00	Fast
1	100	FU	2:00	Fast
1	200	HUHO	3:00	Fast
1	100	FU	2:00	Fast
1	200	TOFU	3:00	Fast
1	100	FU	2:00	Fast

Workout 10

Warmup + Workout		Warmup			
2300	yards	400	yards		
46:30	min	7:30	min	(aprox.)	
			length	what?	
			100	swim	
			100	kick	
			100	HUHO	
			100	OUOU	
Pyramid Workout					
1900	yards				
39:00	min				
Sets	length	what?	time (each)	Speed	Target time
4	50	HOFU	0:50	Fast	0:35
2	100	OUOU	1:50	Fast	1:30
1	200	HUHO	6:00	Moderate	2:45
2	100	OUOU	1:50	Fast	1:45
4	50	HOFU	0:50	Fast	2:45
1		Rest	3:00		
6	50	kick	1:00	Fast	0:40
1	200	HUHO	3:00	Moderate	2:45
1	100	FU	2:00	Moderate	1:50
1	200	TOFU	3:00	Moderate	2:45
1	100	FU	2:00	Moderate	1:50

Workout 11

Warmup + Workout		Warmup		
2400	yards	400	yards	
52:00	min	7:30	min	(aprox.)
			length	what?
			100	swim
			100	kick
			100	HUHO
			100	OUOU

Workout					
HU – curl – HU (back) is meant to be a race to the puck on strike, curl, and swim back to the wall.					
2000	yards				
44:30	min				
Sets	length	what?	time (each)	Speed	Target time
10	100	25 FU, 75 swim	1:45	Fast	1:20
1		Rest	1:00		
1	500	kick	8:00	Moderate	7:30
1		Rest	1:00		
8	25	FU (sprints!)	0:45	Very Fast	0:15
1		Rest	1:00		
8	25	HU – curl – HU (back)	1:00	Very Fast	0:20
1	100	Swim	2:00	Moderate	1:45

Workout 12

Warmup + Workout	Warmup		
2800 yards	400 yards		
54:00 min	7:30 min	(aprox.)	
		length	what?
		100	swim
		100	kick
		100	HUHO
		100	OUOU

Workout						
HU – curl – HU (back) is meant to be a race to the puck on strike, curl, and swim back to the wall.						
2400 yards						
46:30 min						
			time			Target
Sets	length	what?	(each)	Speed		time
6	100	kick	1:45	Fast		1:30
1		Rest	1:00			
6	100	swim	1:45	Fast		1:20
1		Rest	1:00			
6	100	HOHU	1:45	Fast		1:30
1		Rest	1:00			
6	100	OUOU	2:00	Fast		1:45

Workout 13

Warmup + Workout		Warmup			
2600	yards	400	yards		
56:30	min	7:30	min	(aprox.)	
			length	what?	
			100	swim	
			100	kick	
			100	HUHO	
			100	OUOU	

Workout					
2200	yards				
49:00	min				
Sets	length	what?	time (each)	Speed	Target time
1	100	Swim	1:45	Moderate	1:30
4	25	FU	0:30	Fast	0:17
1	100	OUOU	2:00	Moderate	1:45
1		Rest	1:00		
1	100	Swim	1:45	Moderate	1:30
4	25	FU	0:30	Fast	0:17
1	100	OUOU	2:00	Moderate	1:45
1		Rest	1:00		
1	100	Swim	1:45	Moderate	1:30
4	25	FU	0:30	Fast	0:17
1	100	OUOU	2:00	Moderate	1:45
1		Rest	1:00		
1	100	Swim	1:45	Moderate	1:30
4	25	FU	0:30	Fast	0:17
1	100	OUOU	2:00	Moderate	1:45
1		Rest	1:00		
1	200	kick	3:00	Moderate	1:30
2	200	HUHO	1:30	Fast	1:15
8	25	FU	0:30	Fast	0:17
6	50	Swim (25 sprint, 25 slow)	2:00	Fast/Slow	0:13/0:35

Workout 14

Warmup + Workout		Warmup			
2600	yards	400	yards		
54:30	min	7:30	min	(aprox.)	
			length	what?	
			100	swim	
			100	BOGDAT	
			100	OUOU	
			100	swim	
Workout					
HU – curl – HU (back) is meant to be a race to the puck on strike, curl, and swim back to the wall.					
2200	yards				
47:00	min				
			time		Target
Sets	length	what?	(each)	Speed	time
8	50	HUHO	0:50	Fast	0:35
1		Rest	0:50		
8	50	HOHU	0:50	Fast	0:35
1		Rest	0:50		
8	50	UO	0:50	Fast	0:35
1		Rest	0:50		
8	50	OU	0:50	Fast	0:35
1		Rest	0:50		
8	50	FU	1:15	Fast	0:50
1		Rest	1:00		
8	25	HU – curl – HU (back)	0:45	Fast	0:16

Workout 15

Warmup + Workout	Warmup		
2600 yards	400 yards		
55:35 min	9:15 min	(aprox.)	
		length	what?
		100	swim
		200	HUHO
			ASAP FU (as
		100	slow as you can)

Workout					
HU – curl – HU (back) is meant to be a race to the puck on strike, curl, and swim back to the wall.					
2200 yards					
46:20 min					
Sets	length	what?	time (each)	Speed	Target time
4	100	Swim	1:45	Fast	1:15
1		Rest	0:30		
2	200	kick	3:30	Moderate	3:00
1		Rest	0:30		
1	400	Swim	7:00	Moderate	6:30
1		Rest	0:30		
2	200	kick	3:30	Moderate	3:00
1		Rest	0:50		
4	100	Swim	1:45	Fast	1:15
1		Rest	1:00		
2	100	FU	2:00	Moderate	1:50
1		Rest	1:00		
2	50	FU (no breath at wall)	1:30	Moderate	0:30

Workout 16

Warmup + Workout		Warmup			
2550	yards	350	yards		
48:10	min	6:10	min	(aprox.)	
			length	what?	
			50	swim	
			100	HOHU	
			100	OUOU	
			100	FU	
Workout (repeats a 1100 yard set twice)					
2200	yards				
42:00	min				
			time		Target
Sets	length	what?	(each)	Speed	time
1	200	HUHO	3:00	Moderate	2:40
1	200	HOHU	3:00	Moderate	2:40
1	200	TPFU	3:00	Moderate	2:40
1	200	OUOU	3:00	Moderate	2:40
1	100	Swim	2:00	Easy	1:45
2	100	HUHO	1:30	Fast	1:10
1		Rest	0:30		
2	100	HOHU	1:30	Fast	1:10
1		Rest	1:00		
1	200	HUHO	3:00	Moderate	2:40
1	200	HOHU	3:00	Moderate	2:40
1	200	TPFU	3:00	Moderate	2:40
1	200	OUOU	3:00	Moderate	2:40
1	100	Swim	2:00	Easy	1:45
2	100	HUHO	1:30	Fast	1:10
1		Rest	0:30		
2	100	HOHU	1:30	Fast	1:10

Workout 17

Warmup + Workout		Warmup			
2450	yards	250	yards		
49:45	min	3:45	min	(aprox.)	
			length	what?	
			50	swim	
			50	kick	
			50	swim	
			100	kick	
Workout (intense 100 swim sprints sets. Try to get your best times!)					
2200	yards				
46:00	min				
Sets	length	what?	time (each)	Speed	Target time
4	100	swim	1:30	Fast	1:10
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	swim	1:30	Fast	1:10
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	swim	1:30	Fast	1:10
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	swim	1:30	Fast	1:10
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	swim	1:30	Fast	1:10

Workout 18

Warmup + Workout		Warmup			
2400	yards	200	yards		
54:05	min	3:05	min	(aprox.)	
			length	what?	
			50	kick	
			50	swim	
			100	kick	
Workout (several 100 sprint sets in different styles. Get your best speeds!)					
2200	yards				
51:00	min				
Sets	length	what?	time (each)	Speed	Target time
4	100	swim	1:30	Fast	1:10
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	HOHU	1:30	Fast	1:20
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	OUOU	1:45	Fast	1:30
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	FU	2:00	Fast	1:20
1	200	swim	3:30	Moderate	3:00
1		Rest	0:30		
4	100	swim	1:45	Fast	1:30

Workout 19

Warmup + Workout		Warmup		
2050	yards	350	yards	
39:25	min	7:25	min	(aprox.)
			length	what?
			50	swim
			100	kick
			100	uouo
			100	uouo
Workout				
1700	yards			
32:00	min			
			time	
Sets	length	what?	(each)	Speed
3	100	HOHU	1:30	Fast
1	100	swim	2:00	Easy
1		Rest	0:30	
3	100	HUHO	1:30	Fast
1	100	swim	2:00	Easy
1		Rest	0:30	
6	100	TOFU	1:45	Fast
1		Rest	1:30	
12	25	FU	0:27	Fast

Workout 20

Warmup + Workout		Warmup		
2350	yards	400	yards	
55:45	min	7:45	min	(aprox.)
			length	what?
			200	swim
			100	kick
			100	FU

Workout	HU – curl – HU (back) is meant to be a race to the puck on strike, curl, and swim back to the wall.				
1950	yards				
48:00	min				
Sets	length	what?	time (each)	Speed	Target time
10	50	OU	1:10	Fast	0:40
1		Rest	0:30		
10	50	OU	1:10	Fast	0:40
1		Rest	0:30		
1	200	swim	3:00	Moderate	2:45
1		Rest	2:00		
20	25	FU	0:30	Fast	0:15
1		Rest	2:00		
10	25	HU – curl – HU (back) - with puck	0:40	Fast	0:25