

the lungbuster swim workout

The 100m sprints are your chance to work hard, so be sure to maximize your recovery by taking the 400, 300, 200 and 100m pull portions as easy as you need to. Use a watch if you have one to take your splits.

400m freestyle pull with paddles and a pull buoy

4x100m hard freestyle sprints

Rest 20s in between each 100

300m freestyle pull with paddles and a pull buoy

3x100m hard freestyle sprints

Rest 15s in between each 100

200m freestyle pull with paddles and a pull buoy

2x100m hard freestyle sprints

Rest 10s in between each 100

100m freestyle pull with paddles and a pull buoy

100m FLAT OUT SPRINT

Cool-Down: 200m choice of stroke, easy

total:
2200m