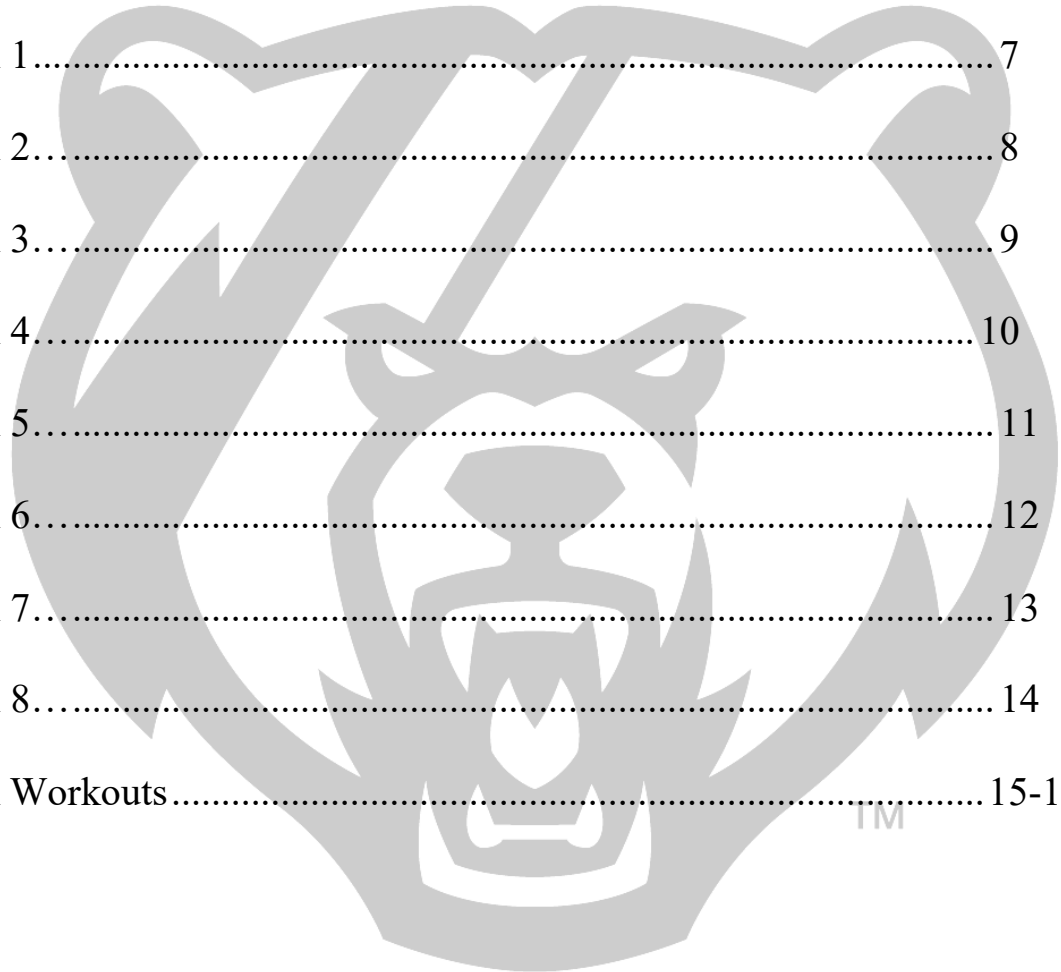


USCGA Health and Physical Education  
SWAB Summer  
Fitness Preparation Guidelines



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# USCGA Health and Physical Education

## Fitness Preparation Guidelines

### HOW THIS GUIDE WORKS

This guide provides you with advice and a sample workout to get you ready for Swab Summer at the US Coast Guard Academy. The main goal is to prepare you for the physical and mental demands of Swab Summer, and to get you physically fit. By preparing for Swab Summer you will reduce the risk of preventable overuse injuries such as shin splints and rhabdomyolysis.

### MUSCULAR STRENGTH & ENDURANCE

Muscular strength and endurance can be improved by systematically increasing the load (resistance) that you are using. Any overload will result in improvement, but higher intensity and effort will result in greater improvements. Start at a level that is easy for you to perform and complete, then add resistance and repetitions gradually. Apply these general weight training principles when beginning the strength program.

### AEROBIC OR CARDIOVASCULAR FITNESS

Aerobic exercises are those that strengthen your heart and improve circulation. Systematically increasing load, intensity, volume, while decreasing rest times will result in improved performance in Aerobic exercises (running, swimming, biking, etc.). Prior to initiating the running portion of this training program, it is recommended that you ensure you have proper footwear. Worn-out or improperly fitting shoes are the leading cause of injury. Running surface can also play a role in lower leg injuries. Make every effort to run on softer surfaces like grass and trails (dirt, woodchips, or crushed gravel) over pavement and cement. In some cases, harder surfaces cannot be avoided in order to achieve the volume recommended in this guide.

The running portion of the program has the following elements:

1. **Easy Run:** the largest part of the cardio program, completed as a single continuous run at a comfortable pace (not a jog). Talking to a running partner shouldn't be a problem, but if you can chat continuously, it may be too slow.
2. **Medium Effort:** Faster than an Easy Run, but still slower than your PFE pace; you can still speak in a full sentence if asked, but you won't want to. A session at this pace should be done as a single continuous run or repetitions as short as 4 minutes. Be sure to warmup and cool down.
3. **Hard Effort:** these workout sessions are conducted during weeks 4-7 and only after running the 1.5 Mile Time Trial during week 4. The goal paces for these workouts are listed on the "Recommended Running Pace" table on page 5 and are based off of your time from the 1.5 Mile Time Trial. The best comparison for this pace is running a hard one mile effort.
4. **Hill Running:** Find a hill (100-150 meters long) with a gradual ascent (approx 5-15° incline). If a hill is not available where you train, utilize a treadmill and aim for a 3-6% incline.
5. **Strides:** Running very fast, but smooth and under control. Aiming for 85-90% of maximum effort for the distance you are covering. Thoroughly warm up and cool down for any speed work.

6. **Non-running:** A day where you should do your scheduled time for running as a non-running cardio exercise, such as biking, swimming, etc.

## **FLEXIBILITY**

Muscles and joints become stiff and lose their range of motion with inactivity or activity overload. The Pillar Prep Dynamic Flexibility /Movement Prep warm-up listed on page 5 is designed to maintain good joint mobility, reduce injury risk, improve the ability of your muscles to adapt to physical stresses, and enhance overall muscle performance. This is a whole body warm-up that target major areas of the body such as lower back, hips, hamstrings, quadriceps, shoulders, etc. If you feel the need to take a few extra minutes to stretch after the prescribed warm-up below, you may conduct static stretching by holding each stretch 10-20 seconds and any muscle group desired. Don't over-stretch to the point of pain and avoid bouncing movements.

## **RECOVERY**

Recovery is a critical part of your weekly training program. There are several ways rest is built into the program. First, there are times when a "Rest" day is planned, which means no exercise should take place. This will allow your body to rest and recover in an effort to prepare for the next conditioning session. Next, there are "Active Rest" components to the conditioning program that appear as "Non-Running" or "Easy-Runs". These are less intensive on the body, but still provide both valuable training opportunities and to aid in the recovery process.

## **WALKING**

You will be constantly transiting around campus all summer to and from various activities. Many times, this transit will be a very FAST paced walk. The hilly terrain at the USCGA and the different mechanism of walking from running, can also lead to an increase in overuse injuries. It is important that along with working on your muscular strength and endurance, your aerobic fitness, and flexibility you also focus on improving your ability to walk efficiently in both boots and in running shoes. Walking Fast, Walking Up and Down Hills, should be incorporated into any training that you do.

## **CLOSING NOTES**

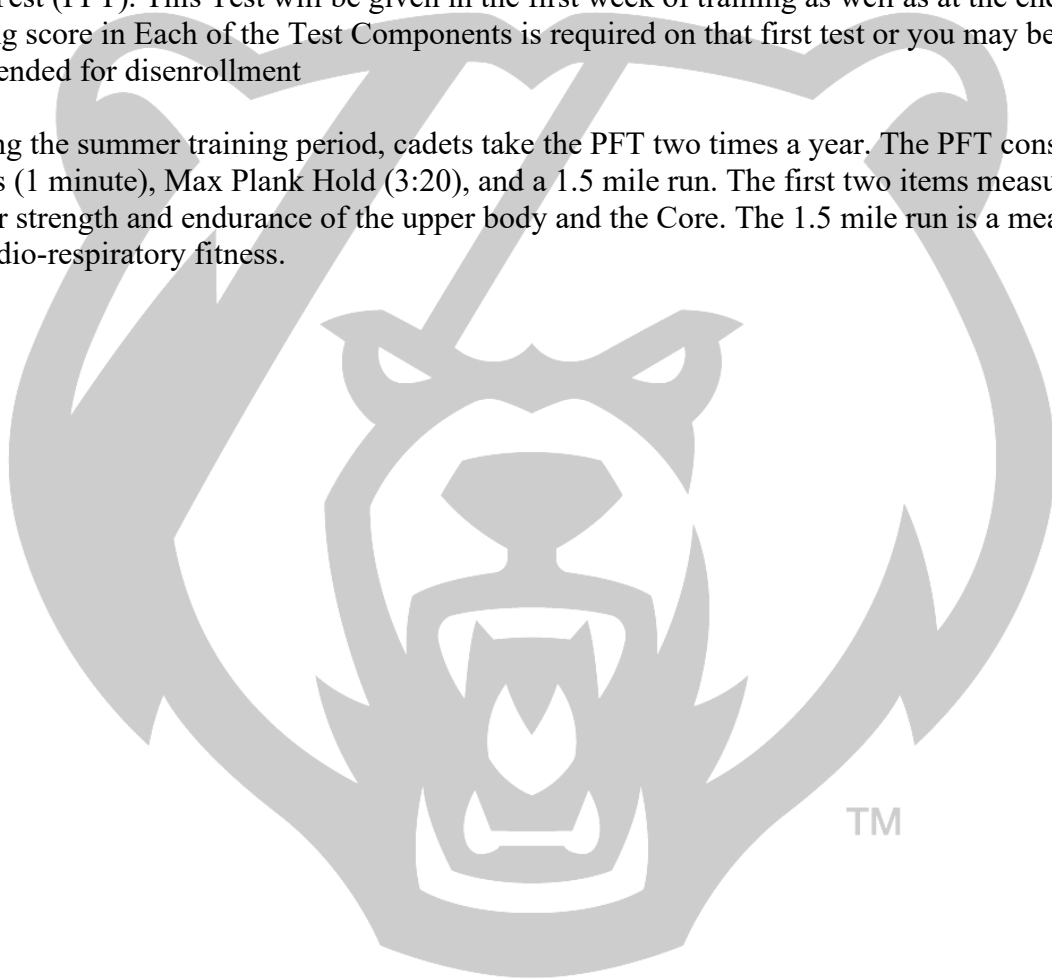
Although not every prospective swab will have identical levels of physical fitness, enclosed in this document, you will find a program to help get you ready for the demands of Swab Summer. You will find a Master Schedule (8 Weeks in total), followed by more detailed instructions on each of the components of the workout. This includes suggested paces for your runs, sample circuit training workouts, and an entry level swimming program.



**Exercises should begin on Monday, 06 May 2026  
in order to accommodate the full 8 week training period.**

Upon arrival at the Coast Guard Academy for Swab Summer you will be completing a Physical Fitness Test (PFT). This Test will be given in the first week of training as well as at the end. A passing score in Each of the Test Components is required on that first test or you may be recommended for disenrollment

Following the summer training period, cadets take the PFT two times a year. The PFT consists of push-ups (1 minute), Max Plank Hold (3:20), and a 1.5 mile run. The first two items measure the muscular strength and endurance of the upper body and the Core. The 1.5 mile run is a measure of your cardio-respiratory fitness.





# UNITED STATES COAST GUARD ACADEMY

## Swab Summer Readiness Program Endurance Notes

Recommended Running Pace (Based on PFE 1.5 Mile Time Performance)

1.5 Mile Time	1.5 Mile (in Seconds)	Easy Pace	Hard Effort
			400 meters
7:30	450	6:30 - 7:30 per mile	1:12
8:00	480		1:16
8:30	510		1:20
9:00	540	7:30 - 8:30 per mile	1:26
9:30	570		1:30
10:00	600		1:34
10:30	630	8:30 - 9:30 per mile	1:38
11:00	660		1:42
11:30	690		1:46
12:00	720	9:00 - 10:30 per mile	1:50
12:30	750		1:54
13:00	780		1:58
13:30	810	10:00 - 11:30 per mile	2:02
14:00	840		2:06
14:30	870		2:10
15:00	900	11:30 - 13:00 per mile	2:18
15:30	930		2:23
16:00	960		2:28

Movement Prep & Dynamic Flexibility		
EXERCISE	Wks 1-4	Wks 5-8
Low Skip with Arm Hugs	2 Sets/20 yds	2 Sets/30 yds
Side Shuffles w/Lateral Arm Swings (Right)	1 Set/20 yds	1 Set/30 yds
Side Shuffles w/Lateral Arm Swings (Left)	1 Set/20 yds	1 Set/30 yds
Walking Hip Circle	2 Sets/20 yds	2 Sets/30 yds
Carioca Left	1 Set/20 yds	1 Set/30 yds
Carioca Right	1 Set/20 yds	1 Set/30 yds
Lunge with Twist	2 Sets/20 yds	2 Sets/30 yds
Walking Quad Stretch	2 Sets/20 yds	2 Sets/30 yds
Hamstring Kicks	2 Sets/20 yds	2 Sets/30 yds
High Knees	2 Sets/20 yds	2 Sets/30 yds
Butt Kicks	2 Sets/20 yds	2 Sets/30 yds
Accelerations	2 Sets/20 yds	2 Sets/30 yds

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 1**

<b>Monday</b>
<b>Easy Run</b>
10-12 min run at easy pace

<b>Tuesday</b>
<b>Physical Fitness Test</b>
Warmup Prep & Dynamic Flexibility
Coast Guard Academy
Repetitions of Push-ups for
Rest 5 minutes
Plank position
Rest 10 minutes
1.5 miles as fast as possible.

<b>Wednesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 15-20 min
See Swim Workout tab for swimming ideas

<b>Thursday</b>
<b>Circuit Training</b>
Warmup Prep & Dynamic Flexibility
As many rounds in 5:00
Front Squat or Lateral Squat Jumps over an object
:30 sec Plank
Rest 3:00
As many rounds in 5:00
10 Burpees
10 Back Extensions

<b>Friday</b>
<b>Running Workout</b>
10-12 min run at easy pace
After easy run, 5 x 100 meter strides (light jog back to start)

<b>Saturday</b>
<b>Rest / Walking 30min</b>

<b>Sunday</b>
<b>Rest / Walking 30min</b>

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 2**

<b>Monday</b>
<b>Easy Run</b>
10-15 min run at easy pace

<b>Tuesday</b>
<b>Bodyweight Circuit</b>
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility</u>
Pyramid (level 1 - 5)
Pull-ups x 1
Push-ups x 2
Sit-ups x 3
:30 sec plank hold
<b>Example:</b>
Level 1 of Pyramid: 1 Pull-up, 2 Push-ups, 3 Sit-ups, :30 sec plank hold
Level 2 of Pyramid: 2 Pull-ups, 4 Push-ups, 6 Sit-ups, :30 sec plank hold
Level 3 of Pyramid: 3 Pull-ups, 6 Push-ups, 9 Sit-ups, :30 sec plank hold
Continue Until Level 5, Rest :30 sec Between Levels

<b>Wednesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 15-20 min
See Swim Workout tab for swimming ideas

<b>Thursday</b>
<b>Circuit Training</b>
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility</u>
Complete the Following Circuit 8x
100 Yard Run
10 Push-ups
:20 sec plank hold
30 Bodyweight Squats
Rest :30

<b>Friday</b>
<b>Running Workout</b>
10-15 min run at easy pace
6-7 x 100 meter strides (light jog back to start)

<b>Saturday</b>
<b>Rest / Walk 30min</b>

<b>Sunday</b>
<b>Rest / walk 30min</b>

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 3**

<b>Monday</b>
<b>Running Workout</b>
15-20 min run at easy pace
6-7 x 100 meter strides (light jog back to start)

<b>Tuesday</b>
<b>Circuit Training</b>
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility</u>
Complete 5 Rounds of the Following for Time:
15 Push-ups
:45 sec plank
40 Bodyweight Squats
-----
After the Completion of 5 Rounds, Run an 800m at PFT Race Pace

<b>Wednesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 15-20 min
See Swim Workout tab for swimming ideas

<b>Thursday</b>
<b>Bodyweight Circuit</b>
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility.</u>
5 Circuits of the following in order
30 Jumping Jacks
5 Push-ups
:30 Plank Hold Right side
10 hand release push-ups
:30 Plank Hold Left Side
10 Slow cadence push-ups
: 45 Sec Plank
Repeat 5 Times (:30 sec rest between)

<b>Friday</b>
<b>Running Workout</b>
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility.</u>
15-20 min run at easy pace
6-7 x 100 meter strides on a hill (walk down recovery)

<b>Saturday</b>
<b>Optional Easy Run</b>
10-15 min run at easy pace

<b>Sunday</b>
<b>Rest</b>

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 4**

<b>Monday</b>	
<b>Running Workout</b>	
5-10 Min Warm-up	
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility.</u>	
1.5 Mile Time Trial	
Rest 5:00	
Max plank hold	
5-10 Min Cool-Down	

<b>Tuesday</b>	
<b>Non-Running Workout:</b>	
Elliptical, Bike, Swim, etc for 15-20 min	
See Swim Workout tab for swimming ideas	
<b>Bodyweight Circuit</b>	
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility</u>	
Pyramid (level 1 - 7)	
Pull-ups x 1	
Push-ups x 2	
Sit-ups x 3	
Example:	
Level 1 of Pyramid: 1 Pull-up, 2 Push-ups, 3 Sit-ups	
Level 2 of Pyramid: 2 Pull-ups, 4 Push-ups, 6 Sit-ups	
Level 3 of Pyramid: 3 Pull-ups, 6 Push-ups, 9 Sit-ups	
Continue Until Level 7, Rest 30 Sec Between Levels	

<b>Wednesday</b>	
<b>Running Workout</b>	
15-20 min run at easy pace	
6-7 x 100 meter strides (light jog back to start)	

<b>Thursday</b>	
<b>Circuit Training</b>	
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility</u>	
For 10 min, each min, On the min Complete the Following (any extra time within minute is rest:	
5 Burpees	
5 Push-ups	
5 Bodyweight Squats	
-----	
After the Completion of 10 min Circuit, Run 1 Mile For Time	

<b>Friday</b>	
<b>Medium Effort Run</b>	
5-10 Min Warm-up (.5-1.5 Miles)	
3-4 x 3:00 Medium Effort Run (:45 sec rest between reps)	
5-10 Min Cool-Down	

<b>Saturday</b>	
<b>Optional Easy Run</b>	
15-20 min run at easy pace	

<b>Sunday</b>	
<b>Rest / Walk 30min</b>	

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 5**

<b>Monday</b>
<b>Easy Run</b>
15-20 min run at easy pace
6 x 100 Meter Strides on a hill (walk down recovery)

<b>Tuesday</b>
<b>Circuit Training</b>
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility</u>
Complete 4x Through the Following each round on 5:00
400 meters at PFE Race Pace followed by max rep burppes untill clock hits 3:00
3:00 of 400m run+max rep burppes + 2:00 rest = 5:00 per round

<b>Wednesday</b>
<b>Running Workout</b>
5-10 Minute Warm-Up
2 x 5:00 at Medium Effort, no more than 2:00 rest.
5-10 Minute Cool-Down

<b>Thursday</b>
<b>Bodyweight Circuit</b>
<u>Pillar Prep -Movement Prep &amp; Dynamic Flexibility</u>
<u>Pull-up Circuit</u>
1, 2, 3, 4, 5...to Max
15 Seconds Rest Between Each Set or Level of the Pyramid
<u>10 Circuits of the following in order</u>
Push-up x 10
Plank hold :30
Hand release puhs ups x 10
Gluet Bridge Hold :30
Slow Cadence push-ups x 10
Sit-ups x 10
Repeat 10 Times (:30 sec rest between)

<b>Friday</b>
<b>Hard Effort Session</b>
5-10 Min Warm-Up
4x400 meters of a Hard Effort with 2 minutes of light jogging for recovery between. See Pace Chart for goal times
5-10 min Cool-Down (.5-1.5 Miles)

<b>Saturday</b>
<b>Easy Run / or Fast Paced Walk</b>
20-25 min run at easy pace or Fast Paced Walk 2miles

<b>Sunday</b>
<b>Rest</b>

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 6**

<b>Monday</b>
<b>Running Workout</b>
5-10 Minute Warm-Up
2 x 6:00 at Medium Effort, 2:00 rest
5-10 Minute Cool-Down

<b>Tuesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 20-25 min
See Swim Workout tab for swimming ideas
<b>Bodyweight Circuit</b>
Dynamic Flexibility & Movement Prep followed by....
Pyramid (level 1 - 10)
Pull-ups x 1
Push-ups x 2
Sit-ups x 3
Plank hold :30 sec
Example:
Level 1 of Pyramid: 1 Pull-up, 2 Push-ups, 3 Sit-ups, plank hold :30 sec
Level 2 of Pyramid: 2 Pull-ups, 4 Push-ups, 6 Sit-ups, plank hold :30 sec
Level 3 of Pyramid: 3 Pull-ups, 6 Push-ups, 9 Sit-ups, plank hold :30 sec
Continue Until Level 10, Rest 30 Seconds Between Levels

<b>Wednesday</b>
<b>Easy Run</b>
20-25 Minute Easy Run
5 x :25 Strides

<b>Thursday</b>
<b>Circuit Training</b>
Pillar Prep -Movement Prep & Dynamic Flexibility
Complete the Following Circuit as Many Times as Possible in 14 min
:30 Second Plank Hold (on Elbows)
10 Walking Lunges Each Leg (With Weight if Available)
10 Hand Release Push-ups (Belly on Ground, Hands Release Ground Each Time)
5 Standing Continous Broad Jump Leaps
20 Mountain Climbers

<b>Friday</b>
<b>Running Workout</b>
5-10 Minute Warm-Up
6 x 200 Meters at a Hard Effort, :60 rest between each
5-10 min Cool-Down

<b>Saturday</b>
<b>Easy Run</b>
20-25 min run at easy pace

<b>Sunday</b>
<b>Rest / Walk 30min</b>

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 7**

<b>Monday</b>
<b>Running Workout</b>
5-10 Minute Warm-Up
6 x 300 meters at a Hard Effort (Based on PFE time Chart), 2:00 rest
5-10 Minute Cool-Down

<b>Tuesday</b>
<b>Circuit Training</b>
<u>Dynamic Flexibility &amp; Movement Prep followed by....</u>
30 Walking Lunges (30 Steps), 25 Push-ups, 50 Sit-ups Run 200 meters
25 Walking Lunges (25 Steps), 20 Push-ups, 40 Sit-ups Run 200 meters
20 Walking Lunges (20 Steps), 15 Push-ups, 30 Sit-ups Run 200 meters
15 Walking Lunges (15 Steps), 10 Push-ups, 20 Sit-ups Run 200 meters
10 Walking Lunges (10 Steps), 5 Push-ups, 10 Sit-ups Run 200 meters

<b>Wednesday</b>
<b>Plank + Easy Run</b>
Max plank hold
20-25 min run at easy pace
5 x :15 Strides on a Hill

<b>Thursday</b>
<b>Bodyweight Circuit</b>
<u>Pillar Prep - Movement Prep &amp; Dynamic Flexibility.</u>
<u>Pull-up Circuit</u>
1, 2, 3, 4, 5....to Max
15 Seconds Rest Between Each Set or Level of the Pyramid
<u>10 Circuits of the following in order</u>
: 20 Sec Plank Hold
7 Push-ups
10 Sit-up
7 Push-ups
10 leg raises
5 bupees
(:30 sec rest between)

<b>Friday</b>
<b>Running Workout</b>
5-10 min Warm-up
10 Minutes as a Medium Effort Run
5-10 min Cool-Down

<b>Saturday</b>
<b>Easy Run</b>
20-25 min run at easy pace

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program**

### **Week 8**

<b>Monday</b>
<b>Easy Run</b>
25-30 min run at easy pace

<b>Tuesday</b>
<b>Non-Running Workout</b>
Elliptical, Bike, Swim, etc for 20-25 min See Swim Workout tab for swimming ideas
<b>Physical Fitness Test</b>
Pillar Prep -Movement Prep & Dynamic Flexibility
Execute the Coast Guard Academy Physical Fitness Exam.
Part 1: Max Repetitions of Push-ups for 1:00. Rest 5 minutes
Part 2: Hold Plank position for as long as possible - max is 3:20 Rest 10 minutes
Part 3: Run 1.5 miles as fast as possible.

<b>Wednesday</b>
<b>Optional Easy Run</b>
15-20 min run at easy pace (approx 2-3 Miles)

<b>Thursday</b>
<b>Circuit Training</b>
Pillar Prep -Movement Prep & Dynamic Flexibility.
100m Run with Descending Pyramid
Start Line - 20 Bodyweight Squats - Then Run 100m
Endline - 10 Burpees - Run back to Start Line 100m
Start Line - 18 Bodyweight Squats - Then Run 100m
Endline - 9 Burpees - Run back to Start Line 100m
Start Line - 16 Bodyweight Squats - Then Run 100m
Endline - 8 Burpees - Run back to Start Line 100m
Start Line - 14 Bodyweight Squats - Then Run 100m
Endline - 7 Burpees - Run back to Start Line 100m
Start Line - 12 Bodyweight Squats - Then Run 100m
Endline - 6 Burpees - Run back to Start Line 100m
Start Line - 10 Bodyweight Squats - Then Run 100m
Endline - 5 Burpees - Run back to Start Line 100m
Start Line - 8 Bodyweight Squats - Then Run 100m
Endline - 4 Burpees - Run back to Start Line 100m
Start Line - 6 Bodyweight Squats - Then Run 100m
Endline - 3 Burpees - Run back to Start Line 100m
Start Line - 4 Bodyweight Squats - Then Run 100m
Endline - 2 Burpees - Run back to Start Line 100m
Start Line - 2 Bodyweight Squats - Then Run 100m
Endline - 1 Burpees - Run back to Start Line 100m

<b>Friday</b>
<b>Easy Run</b>
25-30 min run at easy pace (approx 3-4.5 Miles)

<b>Saturday</b>
<b>Rest / Walk 30min</b>

<b>Sunday</b>
<b>Rest</b>

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program Swimming Workouts**

**Notes:**

1 Length of the Pool = 25 yards (Example: 50 yd = 2 Lengths, 100 = 4 Lengths)

Equipment: goggles (optional)

Workouts are Novice to Intermediate Workouts. To Increase Difficulty, Complete a Workout 2x

### **Workout Option 1**

Warm-up: 150 yd (6 lengths of the pool continuous; mix up strokes)

4 x 50 yd Freestyle or Front Crawl (:30 sec rest after each 50 yd)

1:00 Rest

1 x 100 yd Freestyle or Front Crawl

1:00 Rest

8 x 25 yd (:15 sec after each 25 yd; choose your stroke)

1:00 Rest

1 x 100 yd Freestyle or Front Crawl

1:00 Rest

4 x 50 yd (:30 sec rest; choose your stroke)

Cooldown 50-100 yd

### **Workout Option 2**

Equipment: goggles, kickboards

Warm-up: 150 yd any stroke

3 x 50 yd Freestyle or Front Crawl (:20 sec rest after each 50 yd)

3 x 50 yd any stroke, (:20 sec rest after each 50 yd)

3 x 50 yd flutterkick with a kickboard

3 x 100 yd = 25 Fr / 25 OTF / 25 flutter with kickboard / 25 free (1:00 rest between 100's)

25 yd Freestyle or Front Crawl

25 yd Choice of Backstroke, Side Stroke, or Breaststroke

25 yd Flutter with Kickboard

25 yd Freestyle or Front Crawl

12 x 25 yd Choose your stroke at easy pace

Cooldown 50-100 yd

### **Workout Option 3**

Equipment: goggles (optional), kickboards

Warm-up: 150 yd (6 lengths of the pool continuous; mix up strokes)

5 x 25 Freestyle or Front Crawl (:15 sec rest)

5 x 25 Freestyle or Front Crawl (:15 sec rest)

100 Any Kick (only) (:30 sec rest)

100 Freestyle or Front Crawl (:30 sec rest)

100 Any Stroke (arms only) (:30 sec rest)

4 x 75 yd= Swim any stroke hard for the middle 25 yd of each 75 yd (:30 sec rest)

Cooldown 200 yd at easy pace

# **UNITED STATES COAST GUARD ACADEMY**

## **Swab Summer Readiness Program Swimming Workouts**

**Notes:**

1 Length of the Pool = 25 yards (Example: 50 yd = 2 Lengths, 100 = 4 Lengths)

Equipment: goggles (optional)

Workouts are Novice to Intermediate Workouts. To Increase Difficulty, Complete a Workout 2x

<b>Workout Option 4</b>
Equipment: goggles (optional)
Warm-up: 200 yd (8 lengths of the pool continuous; mix up strokes)
6 x 50 yd = 25 yd Flutter Kicking only (no Kickboard), then 25 yd Choose your stroke :20 rest
12 x 25 yd = every 3 <sup>rd</sup> 25 yd fast (:15 rest)
2 x 150 yd long (:45 rest)
Cooldown 100 yd

<b>Workout Option 5</b>
Equipment: goggles (optional)
Warm-up: 250 yd (10 lengths of the pool continuous; mix up strokes)
8 x 25 yd Freestyle or Front Crawl (:15 sec rest)
4 x 50 yd Any Kick (only) (:10 sec rest)
2 x 100 yd Freestyle or Front Crawl (:20 sec rest)
1 x 200 yd Alternate Breaststroke & Side Stroke each lap (:30 rest)
2 x 100 Freestyle or Front Crawl (:15 sec rest)
4 X 50 yd = 25 yd Any Kick (only) / 25 yd Any Stroke (:15 sec rest)
8 x 25 yd Choose your stroke and swim fast (:10 rest)

<b>Workout Option 6</b>
Warm-up: 10 min swim loosen up mix up strokes: Crawl, elementary back, sidestroke, breast stroke
Tread water: 6 min: 6 x :30 sec arms and legs / :30 sec legs only, hands out of water
Swim Set: 20 x 25 yd get out at each end (no ladder) 1-5 Freestyle or Front Crawl 6-10 Side Stroke 11-15 Breast Stroke 16-20 Freestyle or Front Crawl