

Active recovery is an important way to teach your body to relax and calm your heart rate while still swimming. When racing in open water, there will be times that you need to collect yourself while remaining in the water. Use the recover portions of this workout to really work on regaining your breathing and slowing your heart rate so you can work hard during the other parts of your swim.

Active Recovery: 1450

Warm up

100 easy warm up (any stroke)

2x 75 (25 fingertip drag, 25 catch up, 25 exaggerate reach & glide)

100 free, good form

Main Set

2x 150 (continuous swimming at different speeds – use an alternate stroke to recover if necessary)

25 building speed, 25 recover

50 building speed, 25 recover

25 strong

(rest 3 minute between each)

6x 25 1,3,5 free, 2,4,6 stroke

(30 seconds rest between each count strokes on freestyle)

Repeat entire main set

Cool down 200 easy

Active recovery is an important way to teach your body to relax and calm your heart rate while still swimming. When racing in open water, there will be times that you need to collect yourself while remaining in the water. Use the recover portions of this workout to really work on regaining your breathing and slowing your heart rate so you can work hard during the other parts of your swim.

Active Recovery 2150

Warm up

100 easy free

2x 75 (25 fingertip drag, 25 catch up, 25 exaggerate reach & glide)

100 free, good form

Main Set

400 (swim continuous using the 25 recover to regain form)

25 building speed, 25 recover

50 building speed, 25 recover

75 building speed, 25 recover

100 building speed, 25 recover

50 strong

(rest 1 minute then repeat the 400 2 more times)

8x 25 1-4 count strokes, get an average, 5-8 stroke count avg minus 1

Rest 1min

200 free consistent effort (1 minute rest)

Cool down 200 easy

Active Recovery: 3000

Warm up

- 200 easy free
- 2x 100 IM
- 4x 75 (25 fingertip drag, 25 catch up, 25 exaggerate reach & glide)
- 100 free, good form

Active recovery is an important way to teach your body to relax and calm your heart rate while still swimming. When racing in open water, there will be times that you need to collect yourself while remaining in the water. Use the recover portions of this workout to really work on regaining your breathing and slowing your heart rate so you can work hard during the other parts of your swim.

Main Set

2x 400 (swim continuous using the 25 recover to regain form)

- 25 building speed, 25 recover
- 50 building speed, 25 recover
- 75 building speed, 25 recover
- 100 building speed, 25 recover
- 50 strong

(rest 2 minutes then repeat the 400)

8x 25 1,3,5,7 free (fast), 2,4,6,8 stroke all on 10 seconds rest

Count strokes on freestyle

2x 400 (build speed over 75 then recover 25 x 4)

(rest 2 minutes then repeat the 400)

8x 25 1,3,5,7 free (fast), 2,4,6,8 stroke all on 10 seconds rest

Count strokes on freestyle

Cool down 200 free