

Coach Bill's Suggested Swims



Team Warmup

Approximately 20 minutes
Potentially 700 meters

Could be continuous — first person in the lane goes when last person in the lane comes in.

- A. 200m Freestyle**
- B. 1 x 100m IM**
- C. 2 x 50m - 25m freestyle kick / 25m swim**
- D. 8 x 50m - 25m max speed / 25m easy (4 freestyle and 4 stroke of choice)**
- E. X # of starts with “20 meters” max speed swims**
(at least one stroke each being swam that day)

Feel free to reach out to Athletes Without Limits National Coach Bill Ewell with questions or feedback on workout suggestions at ewellwj54@gmail.com.