Print this out, place on a wet kickboard. The paper should stay on the kickboard when wet and act like a tablet.

**3000 yd/m Swim Workout**

You will need a kickboard and pull-buoy for this workout. Your pool facilities should have these available. If not, you can do everything swim.

**Warm-up**

4 x 150 Freestyle @ Own pace

**Intermediate Set**

6 x 100 IM @ 2:10

100 Easy

**Main Set**

Set 2 x through: (If you are on a time schedule, 1 time through)

* 8 x 50 Kick Fast @ 5 seconds rest
* 12 x 25 4 of each stroke Fast @ :25
* 50 Easy

**Cool down**

1 x 200

Total: 3000yds or meters (2250 yds or meters with 1 time through main set)