

## **Tethered Workouts**

These workouts are designed to be 30 minutes and on a stretch tether that goes behind you on a belt. Not on the side mounted fully static tethers.

### **Workout 1**

Warmup - 5 minute swim in mid pool (½ Free, ½ Non Free)

Set 1 -

4x Sprint to Wall  
30 Seconds Rest  
4x Sprint to Wall  
1 Min Rest  
4x Sprint to Wall

2 Min Steady Swim

Set 2 "IM" - (Whole Set x4)

8x Strokes Fly  
8x Strokes Bk  
8x Strokes Br  
8x Strokes Fr  
1 Min Rest

2 Min Easy Kick (Keep gentle tension on tether)

2 Min Easy Pull (Keep gentle tension on tether)

### **Workout 2**

Warmup 2 Minute Swim (Mid Pool)  
2 Minute Kick (Mid Pool)  
2 Minute Pull (Mid Pool)

Set 1 -

8x Sprint to Wall (5 seconds after each)  
1 Min Rest  
6x Sprint to Wall (10 seconds after each)  
1 Min Rest  
4x Steady Hold Center Pool (20 strokes, then return to wall, 2 breaths, go again)  
2 Min Rest

5 Minute Steady Swim Center Pool (2 Min Free, 1 Min Non, 2 Min Free)

Set 2 -

4x Sprint to just in front of wall (try for a stroke count of 10)  
30 Seconds Rest  
4x Sprint to Wall (Non Free)  
30 Seconds Rest  
8x Steady Hold (10 Strokes in center pool, return to wall, 2 breaths, go again)

4 Min Steady Swim to Warm Down

### **Workout 3**

Warmup - 3 Min Steady Free, 2 Min Steady Non Free

Set 1 -

6x Hard Kick for 15 seconds (15 seconds rest after each)

6x Hard Pull for 15 seconds (15 seconds rest after each)

1 Min Steady Kick Center Pool

30 Seconds Rest

1 Min Steady Pull Center Pool

30 Seconds Rest

2 Min Steady Swim Center Pool

Set 2 -

4x Fly to Wall (10 Seconds Rest after Each)

4x Bk to Wall (10 Seconds Rest after Each)

4x Br to Wall (10 Seconds Rest after Each)

4x Fr to Wall (10 Seconds Rest after Each)

2 Min Steady Swim

1 Min Kick

1 Min Pull