



▪ **Complete Racing Solutions (CRS) Swim Assessment (500 Yards)**

**Workout Notes:** This assessment block is going to test your muscular endurance and power output for 500 yards. Fight the tendency to push the pace too hard initially - if you do fall into this "trap" don't be afraid to slow the tempo down slightly but continue to focus on your "reach" to the end of the pool to keep your momentum optimized. Stretch and hydrate as indicated to maintain your range of motion and to reduce the risk of pulling a muscle.

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **(Evening Work) Contrast Therapy**

**Misc. Notes:** about an hour before you head to bed, take a cold bath/shower. Soak your legs for 10 minutes – no stretching, and then go into a hot bath/shower for 10 minutes. Repeat the 10 cold/hot again. After you second contrast session, stretch passively for 15 minutes while consuming 8 to 10 ounces of cold water (drink it slowly) and then head directly to bed. Once you are laying down and relaxed, implement your [Diaphragmatic Breathing](#) drill until you fall asleep.

CRS Swim Assessment				
Workout Distance	2000 Yards	Focus: Test Race Specific Speed and Endurance		
		Description	Intensity	Elapsed Yards
Warm Up	500 Yards	Focus: Loosen up the working tissue		
Elapsed Time		200 Free with Emphasis on <a href="#">Glide</a> /100 Catch Up/200 <a href="#">Free-Easy</a> Rest 1 Minute - Stretch for 1 minute – Hydrate with <a href="#">Energy Fuel</a>	< 40%	500
Main Set #1	300 Yards	Focus: Activate the lactic acid shuffle within the muscles	Intensity	Elapsed Yards
Elapsed Time		50 Yards - 25 <a href="#">Catch Up Down</a> / 25 Free Back :30 RI	50-60%	550
Elapsed Time		50 Yards - 25 Catch Up Down / 25 Free Back :30 RI (Slightly Faster)	60-70%	600
Elapsed Time		50 Yards - 25 Catch Up Down / 25 Free Back :15 RI (Slightly Faster)	70-80%	650
Elapsed Time		50 Yards - 25 Catch Up Down / 25 Free Back :30 RI	50-60%	700
		Rest 1 Minute - Stretch for 1 minute		
Elapsed Time		25 Yard Gradual Acceleration - :20 RI (Don't rush the pull through)	INCREMENTAL	725
Elapsed Time		25 Yard Gradual Acceleration - :20 RI (Don't rush the pull through)	INCREMENTAL	750
Elapsed Time		25 Yard Gradual Acceleration - :20 RI (Don't rush the pull through)	INCREMENTAL	775
Elapsed Time		25 Yard Gradual Acceleration - :20 RI (Don't rush the pull through)	INCREMENTAL	800
		Rest 1 Minute - Stretch for 1 minute – Hydrate with <a href="#">Energy Fuel</a>		
Main Set #2	800 Yards	Focus: Race Speed Assessment	Intensity	Elapsed Yards
Elapsed Time		200 Yards Straight Swim - Comfortable Pace/Stay Tall and Relaxed 500 Yard Time Trial at Quarter Mile Race Pace - hold your form! Straight 500 yards, capture your time for each 100	60%	1000
Elapsed Time		1st 100 Yard Pace	90-95%	1100
Elapsed Time		2nd 100 Yard Pace	90-95%	1200
Elapsed Time		3rd 100 Yard Pace	90-95%	1300
Elapsed Time		4th 100 Yard Pace	90-95%	1400
Elapsed Time		5th 100 Yard Pace	90-95%	1500
		100 Yards Easy Swim - back stroke and breast work fine as well	< 60%	1600
		Rest 1 Minute - Stretch for 1 minute – Hydrate with <a href="#">Energy Fuel</a>		
Warm Down	400 Yards	200 Pull Buoy Only / 200 Back and Breast - very relaxed	< 40%	2000

▪ **Complete Racing Solutions (CRS) Swim Assessment (500 Yards)**

**Workout Notes:** This assessment block is going to test your muscular endurance and power output for 500 yards. Fight the tendency to push the pace too hard initially - if you do fall into this "trap" don't be afraid to slow the tempo down slightly but continue to focus on your "reach" to the end of the pool to keep your momentum optimized. Stretch and hydrate as indicated to maintain your range of motion and to reduce the risk of pulling a muscle.

▪ **Complete Racing Solutions (CRS) Even Tempo Swim (45 Minutes)**



**Workout Notes:** Your focus needs to be relaxing and “putting in yards”; with this in mind, do not keep a clock on your swim intervals, simply just swim for 10 minutes at a time (beginning to end).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Warm Up (PE Scale 2 or less):** 10 Minutes even; mentally focus on allowing the blood to distribute into your extremities.

**Main Set (PE Scale 4-5):** 3 x 10 minutes [with pull buoy only](#); [breathe every 3<sup>rd</sup> stroke](#) from the beginning; focus on keeping your stomach muscles tight which will keep your lower back straight (hence more streamlined).

Rest 1-2 minutes after each 10-minute block (stretch and hydrate as needed).

**Cool Down (PE Scale 3 or less):** 5 Minutes even; by keeping the intensity low, you are allowing the blood to come back to the heart region (this facilitates your recovery process before you even get out of the water).

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **Complete Racing Solutions (CRS) Even Tempo Swim (50 Minutes)**

**Workout Notes:** strive to keep your effort low; feel free to add pull buoy (no paddles) for any of the sets. Refrain from pulling too hard or try too hard-you will lose the benefit of this week – active recovery. Hydrate and stretch in between each set.

**Warm Up:** 600 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Main Set:** 6 x 5-minute straight swim; put all of your swim drills into [one complete package](#):  
1 Minute rest/stretch/hydrate

**Cool Down:** 200 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **Complete Racing Solutions (CRS) Even Tempo Swim (1 Hour)**

**Workout Notes:** Your focus needs to be relaxing and “putting in yards”; with this in mind, do not keep a clock on your swim intervals, simply just swim for 10 minutes at a time (beginning to end).

**Pre-Hydration & Nutrition:** 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

**Warm Up:** 15 Minutes even; mentally focus on allowing the blood to distribute into your extremities.

**Main Set:** 4 x 10 minutes [with pull buoy only](#); breathe every 3<sup>rd</sup> stroke from the beginning; focus on keeping your stomach muscles tight which will keep your lower back straight (hence more streamlined).

Rest 1-2 minutes after each 10-minute block (stretch and hydrate as needed).

**Warm Down:** 5 Minutes even; by keeping the intensity low, you are allowing the blood to come back to the heart region (this facilitates your recovery process before you even get out of the water).

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **Complete Racing Solutions (CRS) Even Tempo Swim (45 Minutes)**

**Workout Notes:** strive to keep your effort low; feel free to add pull buoy (no paddles) for any of the sets. Your body will be tight from head to toe from this weekend, so don't pull too hard or try too hard-you will risk pulling something. Hydrate and stretch in between each set.

**Warm Up:** 600 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Main Set:** 5 x 4-minute straight swim; put all of your swim drills into [one complete package](#):  
1 Minute rest/stretch/hydrate

**Cool Down:** 200 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

**Note: If your heart rate is up by four or more beats over last week's average – do not train, sleep and eat instead!**

▪ **Complete Racing Solutions (CRS) Even Tempo Swim (1 Hour)**

**Workout Notes:** strive to keep your effort low; feel free to add pull buoy (no paddles) for any of the sets. Refrain from pulling too hard or try too hard-you will lose the benefit of this week – active recovery. Hydrate and stretch in between each set.

**Warm Up:** 600 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Main Set:** 8 x 5-minute straight swim; put all of your swim drills into [one complete package](#):



1 Minute rest/stretch/hydrate

**Cool Down:** 200 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **Complete Racing Solutions (CRS) Even Tempo Swim (1 Hour)**

**Workout Notes:** Your focus needs to be relaxing and “putting in yards”; with this in mind, do not keep a clock on your swim intervals, simply just swim for 10 minutes at a time (beginning to end).

**Warm Up:** 15 Minutes even; mentally focus on allowing the blood to distribute into your extremities.

**Main Set:** 4 x 10 minutes [with pull buoy only](#); breathe every 3<sup>rd</sup> stroke from the beginning; focus on keeping your stomach muscles tight which will keep your lower back straight (hence more streamlined).

Rest 1-2 minutes after each 10-minute block (stretch and hydrate as needed).

**Warm Down:** 5 Minutes even; by keeping the intensity low, you are allowing the blood to come back to the heart region (this facilitates your recovery process before you even get out of the water).

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

▪ **Complete Racing Solutions (CRS) Even Tempo Swim (60 Minutes)**

**Workout Notes:** strive to keep your effort low; feel free to add pull buoy (no paddles) for any of the sets. Your body will be tight from head to toe from this weekend, so don’t pull too hard or try too hard-you will risk pulling something. Hydrate and stretch in between each set.

**Warm Up:** 600 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Main Set:** 10 x 5-minute straight swim; put all of your swim drills into [one complete package](#):

1 Minute rest/stretch/hydrate

**Cool Down:** 200 straight; breathe every stroke with an emphasis on “reaching” for the other end of the pool

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



Complete Racing Solutions (CRS) Workout #1				
Workout Distance	1600 Yards	Workout Overview: Enhance your aerobic capacity and strength		
		Description	Intensity	Elapsed Yards
Warm Up	300 Yards	Focus: warm up and turn on the muscle fibers for next 2 sets		
Time Not Needed		100 Free with pull buoy only - feel for proper balance :20 RI	50-60%	100
Time Not Needed		100 Kick with board / focus on kicking from your hip flexors :20 RI	50-60%	200
Time Not Needed		100 Free with paddles only / focus on pushing chest down to keep hips up	50-60%	300
		Rest 1 Minute - Stretch for 1 minute		
Main Set #1	300 Yards	Focus: Stroke Efficiency	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - get your stroke count the last 25 yards of each 50 To keep you accountable. Be sure to capture your time for Set #2	75-80%	600
		Rest 1 Minute/Stretch		
Main Set #2	300 Yards	Focus: Pacing and body balance late	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - strive to be 1 to 2 seconds faster than Set #1. If your stroke count increases, mentally focus on complete rotation (belly button & chest facing the side of the pool). This will increase your efficiency & glide.	75-80%	900
Main Set #3	300 Yards	Focus: Mental Focus	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - strive to be 1 to 2 seconds faster than Set #2. When you push off of the wall, "feel" for the streamlined position and strive to maintain this in between strokes.	75-80%	1200
Warm Down	400 Yards	50 Freestyle kick with board - very easy/150 yards free - very relaxed	< 50%	1600

▪ **Complete Racing Solutions (CRS) Swim Workout #1 (1600 Yards)**

**Workout Notes:** This workout will test your patience, your mind and your muscles. If you go out too hard initially, this workout will be more difficult than it needs to be. The fun part about this workout is that if you maintain your distance per stroke along with relaxed breathing, you have established a platform for your body to slice through the water. The distance shouldn't be an issue for your muscular system; however, your mind may want to wander causing you to lose your balance, so stay aware of this early in the workout.

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



Complete Racing Solutions (CRS) Swim Workout #2				
Workout Distance	1500 Yards	Workout Overview: Enhance Your Aerobic Engine		
		Description	Intensity	Elapsed Yards
Warm Up	300 Yards	Focus: getting the muscles warm up		
Time Not Needed		100 Free - no toys/breathe every 3rd stroke throughout :20 RI	50%	100
Time Not Needed		100 Free - <a href="#">pull buoy only</a> /relaxed pulling/breathe every stroke :20 RI	50%	200
Time Not Needed		50 <a href="#">Kick with board</a> / even tempo / focus on your hips :20 RI	50%	250
Time Not Needed		50 Free - no toys / breathe every 3rd stroke / rotate and stay tall	50%	300
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with <a href="#">Energy Fuel</a>		
Main Set #1	400 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		PBuoy only - 100 Yards breathing every 3rd stroke/rotate completely :10RI	75%	400
Elapsed Time		PBuoy only - 100 Yards breathing every 5th stroke/belly breathing :10 RI	75%	500
Elapsed Time		PBuoy only - 100 Yards breathing every 3rd stroke/rotate completely :10RI	75%	600
Elapsed Time		PBuoy only - 100 Yards breathing every 5th stroke/belly breathing :10 RI	75%	700
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #2	300 Yards	Focus: High Effort with Correct Body Position	Intensity	Elapsed Yards
Elapsed Time		50 Yards - Breathing Every 5th Stroke / <a href="#">Control your exhale</a> :10 RI	70%	750
Elapsed Time		50 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	70%	800
Elapsed Time		50 Yards - Fast and aggressive with controlled breathing :30 RI	90%	850
		Rest 1 Minute - Stretch for 1 minute		
Elapsed Time		50 Yards - Breathing Every 5th Stroke / Control your exhale :10 RI	70%	900
Elapsed Time		50 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	70%	950
Elapsed Time		50 Yards - Fast and aggressive with controlled breathing :30 RI	90%	1000
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #3	300 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		200 Yards with pull buoy and paddles - feel for the catch and rotation :15 RI	75%	1200
Elapsed Time		100 Yards - kick with board / even effort / focus on kicking from hips	75%	1300
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Warm Down	200 Yards	All Freestyle / Feel for your body's rotation and glide in between strokes	40%	1500

**Workout Notes:** Keep a close eye on the indicated notes for each set. The foundation for the workout is to set up proper [body position](#) so that you are leveraging your high elbow position. With the elbow up, you can plant your hand (leveraging the water resistance) and move beyond where your hand catches the water. With good rotation, you get the pressure off of your shoulder and move the load levels to your large back muscles. You want to feel the muscles pulling from under your arm pit and into your lower back - very strong muscles! Stop and stretch if you feel anything beginning to tighten up anywhere. Failure to do so could result in a muscle pull.

#### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



Complete Racing Solutions (CRS) Swim Workout #3				
Workout Distance	2500 Yards	Workout Overview: Enhance Your Aerobic Engine		
		Description	Intensity	Elapsed Yards
Warm Up	600 Yards	Focus: getting the muscles warm up		
Time Not Needed		200 Free - no toys/breathe every 3rd stroke throughout :20 RI	50%	200
Time Not Needed		200 Free - <a href="#">pull buoy only</a> /relaxed pulling/breathe every stroke :20 RI	50%	400
Time Not Needed		100 <a href="#">Kick with board</a> / even tempo / focus on your hips :20 RI	50%	500
Time Not Needed		100 Free - no toys / breathe every 3rd stroke / rotate and stay tall	50%	600
		Rest 1 Minute - Stretch for 1 minute		
Main Set #1	600 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		P.Buoy only - 200 Yards breathing every 3rd stroke / rotate completely :10RI	75%	800
Elapsed Time		P.Buoy only - 100 Yards breathing every 5th stroke / belly breathing :10 RI	75%	900
Elapsed Time		P.Buoy only - 200 Yards breathing every 3rd stroke / rotate completely :10RI	75%	1100
Elapsed Time		P.Buoy only - 100 Yards breathing every 5th stroke / belly breathing :10 RI	75%	1200
		Rest 1 Minute - Stretch for 1 minute		
Main Set #2	600 Yards	Focus: High Effort with Correct Body Position	Intensity	Elapsed Yards
Elapsed Time		100 Yards - Breathing Every 5th Stroke / <a href="#">Control your exhale</a> :10 RI	70%	1300
Elapsed Time		100 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	70%	1400
Elapsed Time		100 Yards - Fast and aggressive with controlled breathing :30 RI	90%	1500
		Rest 1 Minute - Stretch for 1 minute		
Elapsed Time		100 Yards - Breathing Every 5th Stroke / Control your exhale :10 RI	70%	1600
Elapsed Time		100 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	70%	1700
Elapsed Time		100 Yards - Fast and aggressive with controlled breathing :30 RI	90%	1800
		Rest 1 Minute - Stretch for 1 minute		
Main Set #3	500 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		300 Yards with pull buoy and paddles - feel for the catch and rotation	75%	2100
Elapsed Time		200 Yards - kick with board / even effort / focus on kicking from hips	75%	2300
		Rest 1 Minute - Stretch for 1 minute		
Warm Down	200 Yards	All Freestyle / Feel for your body's rotation and glide in between strokes	40%	2500

**Workout Notes:** Keep a close eye on the indicated notes for each set. The foundation for the workout is to set up proper [body position](#) so that you are leveraging your high elbow position. With the elbow up, you can plant your hand (leveraging the water resistance) and move beyond where your hand catches the water. With good rotation, you get the pressure off of your shoulder and move the load levels to your large back muscles. You want to feel the muscles pulling from under your arm pit and into your lower back - very strong muscles! Stop and stretch if you feel anything beginning to tighten up anywhere. Failure to do so could result in a muscle pull.

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



Complete Racing Solutions (CRS) Swim Workout #4				
Workout Distance	2600 Yards	Workout Overview: Enhance your aerobic capacity and strength		
		Description	Intensity	Elapsed Yards
Warm Up	600 Yards	Focus: warm up and turn on the muscle fibers for next 2 sets		
Time Not Needed		200 Free with <a href="#">pull buoy only</a> - feel for proper balance :20 RI	40%	200
Time Not Needed		200 <a href="#">Kick with board</a> / focus on kicking from your hip flexors :20 RI	40%	400
Time Not Needed		200 Free with paddles only / focus on pushing chest down to keep hips up Rest 1 Minute - Stretch for 1 minute	40%	600
Main Set #1	600 Yards	Focus: Stroke Efficiency	Intensity	Elapsed Yards
Elapsed Time		600 Straight swim - capture your stroke count the last 25 yards of each 100 to keep you honest throughout. Be sure to capture your time for Set #2 Rest 1 Minute/Stretch	75%	1200
Main Set #2	1200 Yards	Focus: Pacing and body balance late	Intensity	Elapsed Yards
Elapsed Time		1200 Straight swim - your goal is simply to <a href="#">maintain your stroke count</a> and have your elapsed time be double of Set #1. This will require as much mental as it will physical. Don't get complacent with your pull phase... Rest 1 Minute/Stretch	75%	1800
Main Set #3	600 Yards	Focus: Mental Focus	Intensity	Elapsed Yards
Elapsed Time		600 Straight swim - strive to be 5 to 10 seconds faster than Set #1. If you put a little more power out early, you will have some insurance in the bank...	75%	2400
Warm Down	200 Yards	150 Freestyle kick with board - very easy/50 yards free - very relaxed	40%	2600

**Workout Notes:** This workout will test your patience, your mind and your muscles. If you go out too hard initially, this workout will be more difficult than it needs to be. The fun part about this workout is that if you maintain your distance per stroke along with [relaxed breathing](#), you have established a platform for your body to [slice through the water](#). The distance shouldn't be an issue for your muscular system; however, your mind may want to wander causing you to lose your balance, so stay aware of this early in the workout.

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



CRS Workout #5				
Workout Distance	2700 Yards	Workout Focus: Muscular Endurance & Power		
Warm Up		Set Focus: Gradual Warm Up	Intensity	Elapsed Yards
Time is irrelevant	600 Yards	300 Relaxed Free - 200 Kick with Board and Fins - 100 <a href="#">Breathe Every 3rd</a>	40%	600
Main Set #1	300 Yards	Set Focus: Smooth Entry & Optimum Leverage	Intensity	Elapsed Yards
Elapsed Time		50 Yards - <a href="#">Finger Tip Drag Down</a> – Smooth Entry & Good Rotation :30 RI	75-80%	650
Elapsed Time		50 Yards - Combine a powerful kick & <a href="#">high elbow leverage</a> :30 RI	75-80%	700
Elapsed Time		50 Yards - Finger Tip Drag Down – Smooth Entry & Good Rotation :30 RI	75-80%	750
Elapsed Time		50 Yards - Combine a powerful kick & high elbow leverage :30 RI	75-80%	800
Elapsed Time		50 Yards - Finger Tip Drag Down – Smooth Entry & Good Rotation :30 RI	75-80%	850
Elapsed Time		50 Yards - Combine a powerful kick & high elbow leverage :30 RI)	75-80%	900
		Rest 1 Minute - Stretch Total Body & Re-hydrate with <a href="#">Energy Fuel</a>		
Main Set #2	500 Yards	Set Focus: Body Balance and Enhanced Power from Kick	Intensity	Elapsed Yards
Elapsed Time		100 Yards Straight Swim with <a href="#">streamlined push off of wall</a> before 1st pull :30 RI	80-85%	1000
Elapsed Time		100 Yards <a href="#">Catch Up Drill Down</a> – Free Back (Refrain from rushing) :30 RI	80-85%	1100
Elapsed Time		100 Yards Straight Swim with streamlined push off of wall before 1st pull :30 RI	80-85%	1200
Elapsed Time		100 Yards Catch Up Drill Down – Free Back (Refrain from rushing) :30 RI	80-85%	1300
Elapsed Time		100 Yards Straight Swim with streamlined push off of wall before 1st pull :30 RI	80-85%	1400
		Rest 1 Minute - Stretch Total Body & Re-hydrate with Energy Fuel		
Main Set #1	1000 Yards	Set Focus: Aerobic Enhancement & Muscular Endurance	Intensity	Elapsed Yards
Elapsed Time		200 Yards Straight Swim - Breathe every 3rd stroke :30 RI	70-80%	1600
Elapsed Time		200 Yards (25 Easy / 125 Fast / 50 Easy) with <a href="#">Pull Buoy Only</a> :30 RI	Varies	1800
Elapsed Time		200 Yards Straight Swim - Breathe every 3rd stroke :30 RI	70-80%	2000
Elapsed Time		200 Yards (100 Easy / 50 Fast / 50 Easy) with Pull Buoy Only :30 RI	Varies	2200
Elapsed Time		200 Yards Straight Swim - Breathe every 3rd stroke :30 RI	70-80%	2400
		Rest 1 Minute - Stretch Total Body & Re-hydrate with Energy Fuel		
Warm Down	300 Yards	150 Relaxed Free - 50 Kick with Board and Fins - 100 Relaxed Free	40% or less	2700

**Workout Notes:** focus on [good body position](#) to allow your muscles to move you efficiently through the water (the more you reduce inefficient body position, the easier it will be for you to get up to speed and maintain for the entire interval duration). Notice that when you [push off the wall and stay streamlined](#), you move through the water easily - strive to maintain this same sensation while you are actually swimming!

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



CRS Workout #6				
Workout Distance	2500 Yards	Workout Overview: Muscular Endurance & Body Position		
Warm Up	600 Yards	Set Focus: Longer warm up than normal	Intensity	Elapsed Yards
Irrelevant		100 Free - 200 Kick with board - 200 <a href="#">Free w.pull buoy</a> - 100 <a href="#">Kick w.board</a>	< 50%	600
		Rest 1 Minute - Stretch Total Body		
Main Set #1	200 Yards	Set Focus: Sprint Speed	Intensity	Elapsed Yards
Elapsed Time		25 Yard all out sprint with <a href="#">maximum efficiency</a> :30 RI	75-80%	625
Elapsed Time		25 Yard all out sprint with maximum efficiency :30 RI	75-80%	650
Elapsed Time		25 Yard all out sprint with maximum efficiency :30 RI	75-80%	675
Elapsed Time		25 Yard all out sprint with maximum efficiency :30 RI	75-80%	700
		Rest Additional 30 Seconds		
Elapsed Time		25 Yard all out sprint with maximum efficiency :30 RI	75-80%	725
Elapsed Time		25 Yard all out sprint with maximum efficiency :30 RI	75-80%	750
Elapsed Time		25 Yard all out sprint with maximum efficiency :30 RI	75-80%	775
Elapsed Time		25 Yard all out sprint with maximum efficiency :30 RI	75-80%	800
		Rest 1 Minute - Stretch Total Body & Re-hydrate with <a href="#">Energy Fuel</a>		
Main Set #2	500 Yards	Set Focus: Incremental Acceleration	Intensity	Elapsed Yards
Elapsed Time		100 Yards - Easy tempo with <a href="#">high body position</a>	60-70%	900
Elapsed Time		100 Yards - Easy tempo - increase your leg turnover	70-75%	1000
Elapsed Time		100 Yards - Slightly faster arm turnover - solid leg turnover	80-85%	1100
Elapsed Time		100 Yards - Sprint Effort (same pace per 25 yards)	90-95%	1200
Elapsed Time		100 Yards - Sprint Effort (same pace per 25 yards)	90-95%	1300
		Rest 1 Minute - Stretch Total Body & Re-hydrate with Energy Fuel		
Main Set #3	500 Yards	Set Focus: Muscular Endurance - focusing on balance and stroke count	Intensity	Elapsed Yards
Elapsed Time		300 Yards with pull buoy and paddles (breath every 3rd stroke) :30 RI	75-80%	1600
Elapsed Time		200 Yards with kick board - knees under the water (feel the hips) :30 RI	75-80%	1800
		Rest 1 Minute - Stretch Total Body & Re-hydrate with Energy Fuel		
Main Set #3	500 Yards	Set Focus: Muscular Endurance - focusing on balance and stroke count	Intensity	Elapsed Yards
Elapsed Time		300 Yards with pull buoy and paddles (breath every 3rd stroke) :30 RI	75-80%	2100
Elapsed Time		200 Yards with kick board - knees under the water (feel the hips) :30 RI	75-80%	2300
		Rest 1 Minute - Stretch Total Body & Re-hydrate with Energy Fuel		
Warm Down	200 Yards	Non Freestyle	< 40%	2500

**Workout Notes:** During the early sets of this workout, focus on [leveraging the water](#) with your catch of your hands and then [hold with your forearm](#). With the additional emphasis on rotation, you will cut through the water quicker and more efficiently (feel for this). During your pull sets, [feel for the body balance](#) in between taking breathes. With you producing extra power during the sprint set, your 100 yard intervals should feel as if you are in total control (don't be afraid to slow down to accomplish this).

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

CRS Workout #1				
Workout Distance	1800 Yards	Workout Focus: Muscular Endurance and Power		
Warm Up		Set Focus: Warm up Extremities	Intensity	Elapsed Yards
Time is irrelevant	300 Yards	50 Free - 50 Kick - 50 <a href="#">Catch Up Drill</a> - 50 <a href="#">Kick without board</a> -100 <a href="#">Glide</a> Rest 1 Minute - Stretch Total Body & Re-hydrate	40%	300
Main Set #1	1000 Yards	Set Focus: Muscular Endurance & Body Position	Intensity	Elapsed Yards
Elapsed Time		200 Yards Fragmented (see below)		
Elapsed Time		50 Yards - Easy - :10 RI (stay tall and mentally focused)	75-80%	350
Elapsed Time		100 Yards - Fast :30 RI (increase the tempo from your core)	85-90%	450
Elapsed Time		50 Yards - Fast - :10 RI (combine a strong hip kick and front leverage)	95-100%	500
Elapsed Time		200 Yards Fragmented (see below)		
Elapsed Time		50 Yards - Easy - :10 RI (stay tall and mentally focused)	75-80%	550
Elapsed Time		100 Yards - Fast :30 RI (increase the tempo from your core)	85-90%	650
Elapsed Time		50 Yards - Fast - :10 RI (combine a strong hip kick and front leverage)	95-100%	700
Elapsed Time		200 Yards Fragmented (see below)		
Elapsed Time		50 Yards - Easy - :10 RI (stay tall and mentally focused)	75-80%	750
Elapsed Time		100 Yards - Fast :30 RI (increase the tempo from your core)	85-90%	850
Elapsed Time		50 Yards - Fast - :10 RI (combine a strong hip kick and front leverage)	95-100%	900
Elapsed Time		200 Yards Fragmented (see below)		
Elapsed Time		50 Yards - Easy - :10 RI (stay tall and mentally focused)	75-80%	950
Elapsed Time		100 Yards - Fast :30 RI (increase the tempo from your core)	85-90%	1050
Elapsed Time		50 Yards - Fast - :10 RI (combine a strong hip kick and front leverage)	95-100%	1100
Elapsed Time		200 Yards Fragmented (see below)		
Elapsed Time		50 Yards - Easy - :10 RI (stay tall and mentally focused)	75-80%	1150
Elapsed Time		100 Yards - Fast :30 RI (increase the tempo from your core)	85-90%	1250
Elapsed Time		50 Yards - Fast - :10 RI (combine a strong hip kick and front leverage)	95-100%	1300
		Rest 1 Minute - Stretch Total Body & Re-hydrate with <a href="#">Energy Fuel</a>		
Main Set #2	200 Yards	Set Focus: Explosive Power	Intensity	Elapsed Yards
Elapsed Time		25 Yards - 100% Effort/Focus on Rotation & Leverage of Water :30 RI	100%	1400
Elapsed Time		25 Yards - 100% Effort/Focus on Rotation & Leverage of Water :30 RI	100%	
Elapsed Time		25 Yards - 100% Effort/Focus on Rotation & Leverage of Water :30 RI	100%	
Elapsed Time		25 Yards - 100% Effort/Focus on Rotation & Leverage of Water :30 RI	100%	
		Rest Additional 30 Seconds - Stretch Total Body & Re-hydrate		
Elapsed Time		25 Yards - 100% Effort with an emphasis on kicking from hips :30 RI	100%	1500
Elapsed Time		25 Yards - 100% Effort with an emphasis on kicking from hips :30 RI	100%	
Elapsed Time		25 Yards - 100% Effort with an emphasis on kicking from hips :30 RI	100%	
Elapsed Time		25 Yards - 100% Effort with an emphasis on kicking from hips :30 RI	100%	
		Rest 1 Minute - Stretch Total Body & Re-hydrate		
Warm Down	300 Yards	50 Free - 50 Kick - 50 Catch Up Drill - 50 Kick without board -100 Glide	40%	1800

**Workout Notes:** though this workout is short, the intensity is very high so please take full advantage of each rest interval so that you are completely rested (for optimum results). To keep yourself honest, monitor your stroke count through each set to ensure that you are [maintain your hydro-dynamics](#) in place. If you find your stroke count going up (and elapsed time increasing), focus on pushing your [chest down to bring your hips up](#). Add a strong "catch" at the beginning of the stroke and hold the water to your thighs and you will feel your speed increase almost immediately. Stretch and hydrate as needed to maintain your blood sugar levels.

#### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar and repair muscle tissue



Complete Racing Solutions (CRS) Swim Workout #2				
Workout Distance	1500 Yards	Workout Overview: Enhance Your Aerobic Engine		
		Description	Intensity	Elapsed Yards
Warm Up	300 Yards	Focus: getting the muscles warm up		
Time Not Needed		100 Free - no toys/breathe every 3rd stroke throughout :20 RI	50%	100
Time Not Needed		100 Free - <a href="#">pull buoy only</a> /relaxed pulling/breathe every stroke :20 RI	50%	200
Time Not Needed		50 <a href="#">Kick with board</a> / even tempo / focus on your hips :20 RI	50%	250
Time Not Needed		50 Free - no toys / breathe every 3rd stroke / rotate and stay tall	50%	300
		Rest 1 Minute - Stretch for 1 minute – Re-hydrate with <a href="#">Energy Fuel</a>		
Main Set #1	200 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		P.Buoy only - 50 Yards breathing every 3rd stroke/rotate completely 10" RI	75%	350
Elapsed Time		P.Buoy only - 50 Yards breathing every 5th stroke/belly breathing 10" RI	75%	400
Elapsed Time		P.Buoy only - 50 Yards breathing every 3rd stroke/rotate completely 10" RI	75%	450
Elapsed Time		P.Buoy only - 50 Yards breathing every 5th stroke / belly breathing 10" RI	75%	500
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #2	600 Yards	Focus: High Effort with Correct Body Position	Intensity	Elapsed Yards
Elapsed Time		100 Yards - Breathing Every 5th Stroke / <a href="#">Control your exhale</a> :10 RI	70%	600
Elapsed Time		100 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	70%	700
Elapsed Time		100 Yards - Fast and aggressive with controlled breathing :30 RI	90%	800
		Rest 1 Minute - Stretch for 1 minute		
Elapsed Time		100 Yards - Breathing Every 5th Stroke / Control your exhale :10 RI	70%	900
Elapsed Time		100 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	70%	1000
Elapsed Time		100 Yards - Fast and aggressive with controlled breathing :30 RI	90%	1100
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #3	300 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		200 Yards with pull buoy and paddles - feel for the catch and rotation :15 Rest	75%	1300
Elapsed Time		100 Yards - kick with board / even effort / focus on kicking from hips	75%	1400
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Warm Down	100 Yards	All Freestyle / Feel for your body's rotation and glide in between strokes	40%	1500

**Workout Notes:** Keep a close eye on the indicated notes for each set. The foundation for the workout is to set up proper [body position](#) so that you are leveraging your high elbow position. With the elbow up, you can plant your hand (leveraging the water resistance) and move beyond where your hand catches the water. With good rotation, you get the pressure off of your shoulder and move the load levels to your large back muscles. You want to feel the muscles pulling from under your arm pit and into your lower back - very strong muscles! Stop and stretch if you feel anything beginning to tighten up anywhere. Failure to do so could result in a muscle pull.

#### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

Complete Racing Solutions (CRS) Swim Workout #3				
Workout Distance	1600 Yards	Workout Overview: Enhance your aerobic capacity and strength		
		Description	Intensity	Elapsed Yards
Warm Up	300 Yards	Focus: warm up and turn on the muscle fibers for next 2 sets		
Time Not Needed		100 Free with <a href="#">pull buoy only</a> - feel for proper balance :20 RI	40%	100
Time Not Needed		100 <a href="#">Kick with board</a> / focus on kicking from your hip flexors :20 RI	40%	200
Time Not Needed		100 Free with paddles only / focus on pushing chest down to keep hips up	40%	300
		Rest 1 Minute - Stretch for 1 minute – Re-hydrate with <a href="#">Energy Fuel</a>		
Main Set #1	300 Yards	Focus: Stroke Efficiency	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - capture your stroke count the last 25 yards of each 100 to keep you honest throughout. Be sure to capture your time for Set #2	80%	600
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #2	300 Yards	Focus: Pacing and body balance late	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - your goal is simply to <a href="#">maintain your stroke count</a> and have your elapsed time be within 1-3 seconds off Set #1. This will require as much mental as it will physical. Don't get complacent with your pull phase...	85%	900
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #3	300 Yards	Focus: Mental Focus	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - strive to match your Set #2 time. If you put a little more power out early, you will have some insurance in the bank...	85%	1200
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Warm Down	400 Yards	300 Freestyle kick with board - very easy/100 yards free - very relaxed	40%	1600

**Workout Notes:** This workout will test your patience, your mind and your muscles. If you go out too hard initially, this workout will be more difficult than it needs to be. The fun part about this workout is that if you maintain your distance per stroke along with [relaxed breathing](#), you have established a platform for your body to [slice through the water](#). The distance shouldn't be an issue for your muscular system; however, your mind may want to wander causing your to lose your balance, so stay aware of this early in the workout.

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue



Complete Racing Solutions (CRS) Swim Workout #4				
Workout Distance	1500 Yards	Workout Overview: Enhance Your Anaerobic Engine		
		Description	Intensity	Elapsed Yards
Warm Up	300 Yards	Focus: getting the muscles warm up		
Time Not Needed		100 Free - no toys/breathe every 3rd stroke throughout :20 RI	50%	100
Time Not Needed		100 Free - <a href="#">pull buoy only</a> /relaxed pulling/breathe every stroke :20 RI	50%	200
Time Not Needed		50 <a href="#">Kick with board</a> / even tempo / focus on your hips :20 RI	50%	250
Time Not Needed		50 Free - no toys / breathe every 3rd stroke / rotate and stay tall	50%	300
		Rest 1 Minute - Stretch for 1 minute – Re-hydrate with <a href="#">Energy Fuel</a>		
Main Set #1	200 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		P.Buoy only - 50 Yards breathing every 3rd stroke/rotate completely 10" RI	75%	350
Elapsed Time		P.Buoy only - 50 Yards breathing every 5th stroke/belly breathing 10" RI	75%	400
Elapsed Time		P.Buoy only - 50 Yards breathing every 3rd stroke/rotate completely 10" RI	75%	450
Elapsed Time		P.Buoy only - 50 Yards breathing every 5th stroke / belly breathing 10" RI	75%	500
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #2	600 Yards	Focus: High Effort with Correct Body Position	Intensity	Elapsed Yards
Elapsed Time		100 Yards - Breathing Every 5th Stroke / <a href="#">Control your exhale</a> :10 RI	80%	600
Elapsed Time		100 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	85%	700
Elapsed Time		100 Yards - Fast and aggressive with controlled breathing :30 RI	90%	800
		Rest 1 Minute - Stretch for 1 minute		
Elapsed Time		100 Yards - Breathing Every 5th Stroke / Control your exhale :10 RI	80%	900
Elapsed Time		100 Yards - Breathe Every 3rd Stroke / Breathe in when you can :10 RI	85%	1000
Elapsed Time		100 Yards - Fast and aggressive with controlled breathing :30 RI	90%	1100
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #3	300 Yards	Focus: Aerobic Enhancement	Intensity	Elapsed Yards
Elapsed Time		200 Yards with pull buoy and paddles - feel for the catch and rotation :15 Rest	75%	1300
Elapsed Time		100 Yards - kick with board / even effort / focus on kicking from hips	75%	1400
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Warm Down	100 Yards	All Freestyle / Feel for your body's rotation and glide in between strokes	40%	1500

**Workout Notes:** Keep a close eye on the indicated notes for each set. The foundation for the workout is to set up proper [body position](#) so that you are leveraging your high elbow position. With the elbow up, you can plant your hand (leveraging the water resistance) and move beyond where your hand catches the water. With good rotation, you get the pressure off of your shoulder and move the load levels to your large back muscles. You want to feel the muscles pulling from under your arm pit and into your lower back - very strong muscles! Stop and stretch if you feel anything beginning to tighten up anywhere. Failure to do so could result in a muscle pull.

#### Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

Complete Racing Solutions (CRS) Swim Workout #5				
Workout Distance	1600 Yards	Workout Overview: Enhance your aerobic capacity and strength		
		Description	Intensity	Elapsed Yards
Warm Up	300 Yards	Focus: warm up and turn on the muscle fibers for next 2 sets		
Time Not Needed		100 Free with <a href="#">pull buoy only</a> - feel for proper balance :20 RI	40%	100
Time Not Needed		100 <a href="#">Kick with board</a> / focus on kicking from your hip flexors :20 RI	40%	200
Time Not Needed		100 Free with paddles only / focus on pushing chest down to keep hips up	40%	300
		Rest 1 Minute - Stretch for 1 minute – Re-hydrate with <a href="#">Energy Fuel</a>		
Main Set #1	300 Yards	Focus: Stroke Efficiency	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - capture your stroke count the last 25 yards of each 100 to keep you honest throughout. Be sure to capture your time for Set #2	80%	600
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #2	300 Yards	Focus: Pacing and body balance late	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - your goal is simply to <a href="#">maintain your stroke count</a> and have your elapsed time be within 1-3 seconds off Set #1. This will require as much mental as it will physical. Don't get complacent with your pull phase...	85%	900
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Main Set #3	300 Yards	Focus: Mental Focus	Intensity	Elapsed Yards
Elapsed Time		300 Straight swim - strive to match your Set #2 time. If you put a little more power out early, you will have some insurance in the bank...	85%	1200
		Rest 1 Minute - Stretch for 1 minute – Rehydrate with Energy Fuel		
Warm Down	400 Yards	300 Freestyle kick with board - very easy/100 yards free - very relaxed	40%	1600

**Workout Notes:** This workout will test your patience, your mind and your muscles. If you go out too hard initially, this workout will be more difficult than it needs to be. The fun part about this workout is that if you maintain your distance per stroke along with [relaxed breathing](#), you have established a platform for your body to [slice through the water](#). The distance shouldn't be an issue for your muscular system; however, your mind may want to wander causing your to lose your balance, so stay aware of this early in the workout.

**Post Workout Protocols**

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue