

## 2012/2013 season

### Tuesday, September 11, 2012

3 x 300

- 1) Choice 3rd 25 kick
- 2) Free 3rd 25 non-free
- 3) Choice swim 3rd 25 fast

20 x 50 Free desc 1-4

- 1) 1:00/1:05/1:10/1:15
- 2) 55/1:00/1:05/1:10
- 3) 50/55/1:00/1:05
- 4) 45/50/55/1:00

16 x 50 kick choice @ 1:00/1:05/1:10/1:15/1:20

- 1) ez
- 2) build
- 3) ez
- 4) fast

100-200 ez

50 fast for time

100-200 ez

300 Pull 3rd 25 fast

Total = 3250-3450

### Thursday, September 13, 2012 - Long Course

800 Swim/Kick/Pull/Drill (+ 2 x 100 IM for lane 3)

Lane 1	Lane 2	Lane 3
12 x 50 Free/Drill 1) glide to 3/stroke count	15 x 50 Free/Drill 1) glide to 3/stroke count	18 x 50 Free/Drill 1) glide to 3/stroke count

2) catch-up/stroke count 3) swim strong on 20 seconds rest	2) catch-up/stroke count 3) swim strong on 20 seconds rest	2) catch-up/stroke count 3) swim strong on 20 seconds rest
8 x 100 Free @ 2:10 descend 1-4	10 x 100 Free @ 1:50 descend 1-5	12 x 100 Free @ 1:30 descend 1-4

15 minute kick every 3rd 50 fast  
with or without a board & fins

300 pull breathing 3/5/7 by 50s

200 ez

### **Saturday, September 15, 2012**

4 x (150 Free Drill/Swim/DPS + 50 IM Order)  
600 Drill Free - Glide to 3

3 OR 4 OR 5 times:

- 50 @ 45/50/55/1:00/1:05/1:10/1:15
- 100 @ 1:30/1:40/1:50/2:00/2:10/2:20/2:30
- 150 @ 2:15/2:30/2:45/3:00/3:15/3:30/3:45

200 ez

8 or 10 or 12 times:

50s kick dolphin on back with 20 sec rest

Total = up to 3.7 km

### **Sunday, September 16, 2012**

4 x 200 1) Free, 2) Fr/Bk, 3) Fr/Br, 4) IM

8 or 12 or 16 x 50

- 3 Drill/1 stroke with 15 sec rest

2 or 3 times:

- 10 x 25 kick - 1 ez/3 build/1 strong (with or without fins & boards)
    - @ 1:00, 1:05, 1:10/1:15, 1:20, 1:25, 1:30
  - 5 x 50 free build @ 50/55/1:00/1:05/1:10
- 100 ez choice with 30 sec rest

4 or 6 or 8 x 25 flutter kick with 15m under water then easy

Total = 3.6 km

## **Tuesday, September 18, 2012**

400 mix  
300 IM Kick/drill/swim  
200 kick choice  
4 x 25 desc 1-4

4 or 5 or 6 times:

- 100 free @ 1:40/1:45/1:50/2:00/2:15
- 50 non free @ 50/55/1:00/1:10/1:15
- 50 free @ 50/55/1:00/1:10/1:15
- 100 IM @ 1:40/1:45/1:50/2:00/2:15

100-200 ez

20 x 50 @ 1:00 or 16 x 50 @ 1:15

- 1) ez
- 2) min/max free

300 choice kick 3rd 25 strong

300 pull 50 breathing 5/25 breathing 7

## **Thursday, September 20, 2012 - Long Course**

20 minute warm up:

- 100s with 15 sec rest = 50 swim/25 stroke kick/25 strong swim with strong kick

24 x 50 @ 1:00

1) underwater kick/build, 2) ez, 3) underwater kick/build, 4) negative split

OR

18 x 50 @ 1:20

1) underwater kick/build, 2) ez, 3) negative split

7 x 200 @ 3:30

Odd: negative split + descend 1-4, even: ez + 4th 25 fast finish

OR

5 x 200 @ 5:00

Descend 1-5 + negative split (medium-fast)

3 x 300 pull

## **Saturday, September 22, 2012**

Practice Not Available

## **Sunday, September 23, 2012**

Practice Not Available

50 Free For Time

300 ez kick or pull choice

**Thursday, September 27, 2012**

Practice Not Available

**Saturday, September 29, 2012**

Practice Not Available

**Sunday, September 30, 2012**

Practice Not Available

**Tuesday, October 2, 2012**

150 choice

4 x 50 fr. drill G-3 with 20" rest ibt.

150 kick choice

6 x 50 fr. 1) ez. technical, 1)DPS, 1)strong w. 20"rest ibt.

300 bk. drill G-3 head/body position, rotation, recovery, entry, pull

**Tuesday, September 25, 2012**

4 x (150 Free + 4 x 25 IM order desc 1-4 @ 35/40/45/50)

8 or 10 times:

- 25 streamline kick (flutter or dolphin/front or back) @ 10 rest

3 x 300

1) mix choice

2) kick/drill/swim

3) 25 stroke count/25 build speed

16 or 20 x 50 pull

4-1

EZ @ 50/1:00/ 3-2 strong @ 40/50  
1:10/1:20/1:30 2-3 1:00/1:10/1:20  
1-4

50 - neg split @ 1:15  
100 - neg split @ 2:00/2:15  
150 - neg split @ 2:45/3:15  
200 - neg split @ 3:30/4:15  
250 - neg split @ 4:15/5:15  
300 - neg split @ 5:00/6:15  
250 - strong @ 4:00/5:00  
200 - strong @ 3:00/4:00  
150 - strong @ 2:00/3:00  
100 - Fast @ 2:00  
50 - ez

12 x 50 kick with fins  
odds ez @ 1:00/1:10/1:20  
evens = strong pace descending (3 @ pace, 2 @ pace -5, 1 @ pace -10)

200 ez

## **Tuesday, December 18, 2012 - Last Practice = 12 Sets of Christmas**

♪♪ For the 12 Sets of Christmas My Swim Coach Gave To Me...♪♪

1200 Warm Up

11 x 50 kick with fins  
1-2 fast @ - 5  
smooth @ 1:00/ 2-3 fast @ -10  
1:10/1:20/1:30 2-1 fast @ -15

10 x 25 Reverse IM (4 Free/3 Breast/2 Back/1 Fly @ 35/40/45/50)

9 x 50 choice (kick/swim/pull any stroke)  
1 - 1  
ez @ 1:00/1:10 1 - 2 make pace @ 40/45/50/55/1:00  
1:20/1:30 1 - 3

8 x 50 odds free desc 1-4 @ 40/50/1:00/1:10/1:20, evens non-free + 20

700 pull - 50 ez/50 strong build/50 breathing 5/25 sprint

6 x 25 Swedish Drill = 1st 10 fast/1st 15 fast/1st 20 fast @ 45/50/55/1:00

5 x 50 best average @ 1:30

4 x 75 kick 1) ez, 2) 2nd 25 fast, 3) 1st/3rd 25s fast, 4) all fast! @  
1:20/1:30/1:40/1:50+

3 x 100 ez = 1) free, 2) IM, 3) choice

2 x 50 Fast in Heats - choice of stroke  
and 100 EEEZ

### **Thursday, January 3, 2013 - 1st 2013 Practice**

1300 Warm Up = 1200 Swim/Kick/Pull/Drill + 100 IM  
OR 1000 OR 800 SKPD

13 x 25 choice of stroke @ 30/35/40/45/50

6 - descend 1-3

7 - odds ez, evens fast

13 x 50 choice of stroke @ 50/1:00/1:10/1:20/1:30

6 - descend 1-3

7 - odds ez, evens fast

13 x 75 choice of stroke @ 1:10/1:20/1:30/1:40/1:50

6 - descend 1-3

7 - odds ez, evens fast

100 ez

50 fast for time in heats

100 ez

### **Tuesday, January 8, 2013**

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
3 x 300 1) 3rd 25 kick 2) 3rd 25 non-free 3) swim, 3rd 25 fast	3 x 200 1) 3rd 25 kick 2) 3rd 25 non-free 3) swim, 3rd 25 fast	16 x 25 @ 15 rest 1) swim 2) kick 3) swim 4) drill
24 x 50 free 1) @ 1:00 2) @ 55 3) @ 50 4) @ 45	20 x 50 Free 1) @ 1:05 or 1:10 2) @ 1:00 or 1:05 3) @ 55 or 1:00 4) @ 50 or 55	16 x 50 free 1) @ 1:15 or 1:30 2) @ 1:10 or 1:25 3) @ 1:05 or 1:20 4) @ 1:00 or 1:15
20 x 50 Kick 1) Kick 2) Kick/Swim 3) Swim/Kick 4) Kick  Rounds 1 + 2 @ 1:10 Rounds 3 + 4 @ 1:00 Round 5 @ 50	20 x 50 Kick 1) Kick 2) Kick/Swim 3) Swim/Kick 4) Kick  Rounds 1 + 2 @ 1:20 Rounds 3 + 4 @ 1:10 Round 5 @ 1:00	20 x 50 Kick 1) Kick 2) Kick/Swim 3) Swim/Kick 4) Kick  Rounds 1 + 2 @ 1:30 or 1:40 Rounds 3 + 4 @ 1:20 or 1:30 Round 5 @ 1:10 or 1:20

3 x 300 Pull

- 1) 50 breathing 3, 25 breathing 5 + 3rd 25 fast
- 2) 50 breathing 3, 50 breathing 5
- 3) smooth stroke count

### **Thursday, January 10, 2013**

400 swim, 300 pull, 200 kick, 100 drill

OR

300 swim, 200 pull, 100 kick, 100 drill

12 or 16 or 20 x 50 choice of stroke

- 1) ez @ pace
- 2) build @ pace -10
- 3) ez @ pace -5



4) fast @ pace -15

Starting Pace = 55 or 1:00 = do 20 x 50

Starting Pace = 1:05 or 1:10 = do 16 x 50

Starting Pace = 1:20 or 1:30 = do 12 x 50

OR

Hold the same pace across each round but descend rounds by 5 secs

3 x the following:

- 200 Free @ 3:00/3:15/3:30/3:45/4:00/4:20

- 100 IM/Non-Free/Free Fast @1:30/1:40/1:50/2:00/2:10

- 100 Free @1:30/1:40/1:50/2:00/2:10

- 200 IM/Non-Free/Free Fast @ 3:00/3:15/3:30/3:45/4:00/4:20

Aim to descend by 5-10 secs each round

OR

4-5 x the following:

- 100 Free @ 1:40/1:50/2:00/2:15/2:30

- 50 Non-Free/Free Fast @ 50/1:00/1:10/1:20/1:30

- 50 Free @ 50/1:00/1:10/1:20/1:30

- 100 IM/Non-Free/Free Fast @ 1:40/1:50/2:00/2:15/2:30

300 pull, 200 kick, 100 ez to warm down

**Tuesday, January 15, 2013**

6 (or 5 or 4) x 200 - Pick 4 or 5 if not doing 6

1) Free

2) Free/Back by 50s50-100 ez to even out

Desc Pace Control to Fast	Sustain Strong Pace	Streamlining & Freestyle Dr
Choose a fast pace <u>32 x 50 (or 24 x 50)</u> 2 x 50 ez @ pace +30 2 x (3x50) @pace +15 (desc 1-3 by 5s to pace)	Choose a strong pace <u>32 x 50 (or 24 x 50)</u> 2 x 50 smooth @ pace +20 6 x 50 hold pace @pace +10	- Streamline push offs - Flutter Kicking - Glide to 3 Drill - Catch-up Drill - Shark Attack

100 ez

12 x 50 pull @10-15 rest

3-1

strong 2-2 ez (free or back)

1-3

### **Thursday, January 17th, 2013**

Warm Up:

100 swim/50 kick/100 Pull or Drill - mix up strokes

- repeat 250 m pattern until 5:50 am

6 x 100 @ 1:40/1:50/2:00/2:15/2:30 or 8 x 50 @  
1:20/1:30/1:40/1:50

1) Kick/Swim

1) Kick

2) Swim/Kick

2) Swim - Fast

3) Swim Build

3) Swim

- strong effort on the kick

4) Kick - Fast

100 ez/Bathroom Break/Drink to Even Out

Modified Pyramid (1650-2700m, Total = 40:30 min):

50 or 100 ez @ 2:00

=> 100, 150, or 200 @ 2:30 - Even/Neg Split

50 or 100 ez @ 2:00

=> 150, 200, or 250 @ 3:15 - Even/Neg Split

50 or 100 ez @ 2:00

=> 200, 250, or 300 @ 4:00 - Even/Neg Split

50 or 100 ez @ 2:00

=> 250, 300, or 350 @ 4:45 - Even/Neg Split

50 or 100 ez @ 2:00

=> 300, 350, or 400 @ 5:30 - Even/Neg Split

50 or 100 ez @ 2:00

=> 200, 250, or 300 @ 4:00 - Strong Effort

50 or 100 ez @ 2:00

=> 100, 150, or 200 @ 2:30 - Strong Effort

8 x 50 choice @ 1:00/1:10/1:20/1:30+

alt 1 strong, 1 ez smooth

## **Tuesday, January 21, 2013**

400 mix  
300 IM Kick/drill/swim  
200 kick choice  
4 x 25 desc 1-4  
- Finish by 5:50

12 x 50/75/100 - choice of stroke  
@ 1:45/1:35/1:25  
1:40/1:30/1:20  
1:35/1:25/1:15  
1:30/1:20/1:10

- everyone works on the same pace, choose the distance that you can make as you go

6 x (2 x 75 + 1 x 100)  
Rounds 1-3 @ 1:20/1:25/1:30/1:35/1:40  
Rounds 4-5 @ 1:15/1:20/1:25/1:30/1:35  
Round 6 @ 1:10/1:15/1:20/1:25/1:30

OR

6 x (2 x 50 + 1 x 75)  
Rounds 1-3 @ 1:20/1:25/1:30/1:35/1:40  
Rounds 4-5 @ 1:15/1:20/1:25/1:30/1:35  
Round 6 @ 1:10/1:15/1:20/1:25/1:30

OR

### **Freestyle Drills**

- Streamline push offs
- Flutter Kicking
- Glide to 3 Drill
- Catch-up Drill
- Shark Attack

300 Pull - breathing 3/5/7 by 50s  
and/or  
300 Pull - every 3rd 50 backstroke

## **Thursday, January 23, 2013**

## **Tuesday, January 29, 2013**

800-1000-1200 - Swim/Kick/Pull/Drill (200/250/300 of each)

20 x 25 @ 40 OR 16 x 25 @ 50

- 1) 1st 10 m fast push off
- 2) middle 15 m fast
- 3) last 10 m fast finish
- 4) All Fast

100 ez

10 x 50/75/100 Best Average @ 2:00 - Recorded

100 ez

12/15/18 x 50 Smooth effort @ 10-20 rest

- 1) Swim
- 2) Kick
- 3) Pull

200 ez

## **Thursday, January 31, 2013**

400 mix + 200 IM if finished early

300 IM KDS or Pull 3-5-7 + 100 pull if finished early

200 Kick build

100 smooth

24 or 20 or 16 x 50 @ 50/1:00/1:15 with fins

1) ez 2) build 3) ez 4) FAST

- mix of flutter/dolphin on front or back

100 ez

100 strong

200 negative split

300 build

400 for time

100-200 ez

## Tuesday, February 5, 2013



100 Choice  
4 x 4 x 25 Stroke (4 of each IM Order or choice)  
100 Kick or Pull

40 x 25 Sprints (2 rounds through)

1-1 Ez @ 40/50/1:00  
1-2 FAST @ 20/25/30/35/40  
EZ Choice 1-3 FAST  
1-4  
1-5

100 ez

8 x 50 or 100 Choice Fast - Recorded @ 4:00

50-100 ez after each within the 4:00

Relays

## Thursday, February 7, 2013

4/5/6 x 200

1) Choice Swim

2) Kick/Swim/Swim/Kick by 50s

3) IM Drill/Swim - Fr = glide-3, Br = 1p2k, Bk = Triple roll, Fly = 1 arm

4) Pull breathing 3-5-3-7

5) Choose from 1-4

6) Choose from 1-4

12 x 150 or 100

3 - 1 Smooth @ 2:30/2:45/3:00/3:15 (with 15-30 rest)  
smooth 2 - 2 Fast Fast @ 2:10/2:20/2:30/2:45 (with 5-15 rest)  
1 - 3

16 x 50 pull

6 x 200 Pull

@ 50/1:00/1:10/1:20/1:30 @ 2:45/3:00/3:15/3:30/3:45/4:00

- 1) Smooth Desc 1-3 w low stroke count
- 2) Build
- 3) Stroke Count
- 4) SC + Speed

100 ez

Relays

## **Tuesday, February 12, 2013**

3 x 300

- 1) Choice 3rd 25 kick
- 2) Free 3rd 25 non-free
- 3) Choice swim 3rd 25 fast

16 or 20 x 50 Free desc 1-4

- 1) 1:00/1:05/1:10/1:20/1:30/1:40
- 2) 55/1:00/1:05/1:15/1:25/1:35
- 3) 50/55/1:00/1:10/1:20/1:30
- 4) 45/50/55/1:05/1:15/1:25

12 or 16 x 50 kick choice @ 1:00/1:10/1:20/1:30/1:40

- 1) ez
- 2) build
- 3) ez
- 4) fast

100-200 ez

50 fast for time in heats

100-200 ez

300 Pull 3rd 25 fast OR Relays

### **Thursday, February 14, 2013**

600/800/1000 SKPD

12 or 16 x 50 Free @ 50/1:00/1:10/1:20/1:30

1) Stroke Count (work on length)

2) Overkick

3) Stroke Count + Over Kick

4) Strong Speed

Distance Pyramid - choice of stroke or freestyle pull

~30 rest between each as needed - aim for goal times then take rest

100 - build @ 1:10/1:15/1:20/1:25/1:30/1:40/1:50/2:00

200 - negative split @ 2:20/2:30/2:45/3:00/3:15/3:30/4:00

300 - build @ 3:30/3:45/4:00/4:15/4:30/5:00/5:30/6:00

400 - negative split @ 4:40/5:00/5:20/5:40/6:00/6:30/7:00/7:30/8:00

500 (optional) FAST for time @ 6:00/6:30/7:00/7:30/8:00/9:00/1:00

400 (optional) negative split @

4:40/5:00/5:20/5:40/6:00/6:30/7:00/7:30/8:00

300 - build @ 3:30/3:45/4:00/4:15/4:30/5:00/5:30/6:00

200 - negative split @ 2:20/2:30/2:45/3:00/3:15/3:30/4:00

100 - FAST for time @ 1:10/1:15/1:20/1:25/1:30/1:40/1:50/2:00

200 ez/pull

### **Tuesday, February 26, 2013**

Warm up until 5:50

- 150 swim, 100 kick, 50 pull strong - repeated

15 or 20 x 50 - Kick/Kick-Swim/Swim-Kick/Kick/Swim - choice of stroke  
@ 50/55/1:00 or 1:05/1:10/1:15/1:20

8 or 12 x 25 @ 40 or 30

1st half = stroke count - descend to lowest possible

2nd half = stroke rate - ascend to highest possible

Broken 200s

8 x 25 @ 35/40/45 - desc 1-4

30-90 seconds rest

4 x 50 @ 1:00/1:10/1:20 - fast build

30-90 seconds rest

75/50/75 @ 1:20/1:30/1:40 (-20 for 50s) - 75s smooth/medium/fast by 25s

30-90 seconds rest

50/100/50 @ 1:00/1:10/1:20 for 50s & 1:45/2:00/2:15 for 100s - fast 100

30-90 seconds rest

2 x 100 @ 2:00/2:20/2:40 - 2nd 50 blast

30-90 seconds rest

~100 ez

200 strong for time

300 pull breathing 3-5-7-9 by 25s

200 ez choice kick/swim

## **Tuesday, March 5, 2013**

400 Alternate 100 free/100 non free

300 Kick/Drill/Swim by 25s - IM order optional

200 alt 25 ez/25 fast

100 IM swim, kick, or drill

+ 300 Pull if finished ⇒ swim until 5:55

12 x 50 choice @ 40/50/1:00/1:10/1:20/1:30/1:40/1:50



3 - 1  
ez kick 2 - 2 fast swim  
1 - 3

14 x 25 Free Sprints @ 30/35/40/45/50/55

1 - 1  
ez 1 - 2 Sprint  
1 - 3  
1 - 4

6 x (2 x 75 + 1 x 100) - start at 1:20/1:25/1:30/1:35/1:40

or

6 x (2 x 50 + 1 x 75) - start at 1:15/1:20/1:25/1:30/1:35/1:40

Rounds 1-3 = starting pace

Rounds 4-5 = starting pace -5

Round 6 = starting pace -10 (make the last 100)

12 x 50 pull @ 10-20 rest, ascending 1-3

### **Thursday, March 7, 2013**

5 x 300 @ 20-30 rest

1) Choice Mix

2) Freestyle, 3rd 50 Kick

3) IM Kick/Drill/Swim or Free KDS

4) Pull alt 50 smooth/50 fast

5) 3 x 100 desc 1-3

- Swim until 6:00 AM

12 x 50 Free - starting pace of 45/50/55/1:05 or pace + 10 for ez

3-1

ez 2-2 fast

1-3

- begin fast 50s at starting pace each time

- aim to establish pace time for next set

50 - neg split @ 1:00 or 1:00 or 1:00 or 1:15

100 - neg split @ 1:40 or 1:45 or 1:50 or 2:15

150 - neg split @ 2:20 or 2:30 or 2:40 or 3:15

200 - neg split @ 3:00 or 3:15 or 3:30 or 4:15  
250 - neg split @ 3:40 or 4:00 or 4:20 or 5:15  
300 - neg split @ 4:20 or 4:45 or 5:10 or 6:15  
250 - strong @ 3:40 or 4:00 or 4:20 or 5:15  
200 - strong @ 3:00 or 3:15 or 3:30 or 4:15  
150 - strong @ 2:20 or 2:30 or 2:40 or 3:15  
100 - Fast @ 1:40 or 1:45 or 1:50 or 2:15  
50 - ez

12 x 50 Back or Breast @ 10-20 rest  
- every 3rd 50 kick

## **Tuesday, March 12, 2012**

100 Free  
3/4/5 x 50 Kick  
10-15 rest 50 Non-Free  
100 Pull

4 x 100 Desc 1-4 - Start at 2:30/2:20/2:10/2:00/1:50/1:40/1:30  
- start at pace + 25 & descend by 10 each time  
30 rest

4 x 75 Desc 1-4 - Start at 2:00/1:50/1:40/1:30/1:20/1:10/1:00  
- start at pace + 25 & descend by 10 each time  
30 rest

4 x 50 Desc 1-4 - Start at 1:30/1:20/1:10/1:00/50/40  
- start at pace + 10 & descend by 5 each time

100-200 ez

Challenge 50s/75s/100s

- starting at 2:15 - descending by 5 sec each time  
- start at the highest distance possible and drop down once you don't make it  
- continue until everyone misses 75s (~50-1:00 = 16-18 repeats)

2 x 300 pull negative split  
- smooth effort

## **Thursday, March 14, 2012**

600-1200 Swim/Kick/Pull/Drill

- mix up at least 2 strokes

- Swim until 5:50

16/20/24 x 50 Choice of Pull or Kick (w fins)

1 x 50 ez

3 x 50 desc 1-3 starting at med-fast pace (desc by 3-5 seconds on each)

@ 50/1:00/1:10/1:20/1:30/1:40

1 x 400 - Negative Split @ ~45 rest

2 x 300 - Build @ ~20 rest

3 x 200 - Medium/Fast/Smooth @ @ ~20 rest

4 x 100 - Best Average @ 20-30 rest = pick a pace to achieve

8 x 50 @ 10-15 rest

1) Backstroke

2) Choice

## **Tuesday, March 19, 2012**

100 Free

75 Back

100 Free

50 Breast

100 Free

25 Fly

Repeat until 5:50

24 x 25 @ 35/40/45 or 20 x 25 @ 50/55

IM order 3 of each or 4-3-2-1-1-2-3-4

100 ez

3x @ 2:15/1:15, 4x @ 1:45-1:55/50-1:00, 5x @ 1:30-1:40/40-50

100 Free

50 Fly/Back/Breast

50 free  
100 IM/Back/Breast/Fly

3 x 300 Pull  
1) Choice 3rd 25 fast  
2) 50 Free Build/25 Back  
3) Ascend 50s 1-3

200 ez

### **Thursday, March 21, 2012**

600/750/900 - 50 free/50 kick/50 non-free  
- Swim until 5:50

12 or 16 x 50 kick with fins @ 45/50/1:00/1:10/1:20/1:30

1) Flutter Front  
2) Flutter Back  
3) Dolphin Front  
4) Dolphin Back  
OR Choice kick desc 1-4

100 ez

24 or 36 or 48 x 50 Choice of Stroke As Follows:

24 = alt 1 fast, 1 ez @ 1:30 - Fast 50s are best avg

36 = 1-1-1-2-1-3-1-4-1-5-1-6-1-7-1 ⇒ 1's Ez, 1-7s Fast @ 1:00

48 = alt 3 strong, 1 fast @ 45

300 pull smooth

### **Tuesday, March 26, 2012**

100 Freestyle  
50 Kick  
100 IM or Non Free or Choice Pull  
50 Pull  
- Repeat until 5:55

12 or 15 or 18 x 50 Choice - Pace Control @ 50/1:00/1:10/1:20/1:30

- pick fastest non-sprint pace as #3 goal pace

- Desc 1-3 = pace +10, pace +5, pace

- goal times = 30/35/40/45/50/55

- pace time chosen to give at least 10 rest on #1

4 x the following:

5 x 50 on tight interval (~5 rest) = 35/40/45/50/55 - can descend by rounds

2 x 50 ez @ 1:00

OR

3 x 50 on tight interval (~5-10 rest) = 50/55/1:00/1:05

2 x 50 ez @ 1:20

Pull or Kick

400 - Negative split

300 - Build each 75

200 - Strong for goal time

100 - Smooth

## **Thursday, March 28, 2012**

400 Free

300 Free + 3rd 25 Back

200 4th 25 Breast

100 alt 25 Free/25 Fly

+ 100-300 pull if time

Swim until 5:50

8 or 12 x 50 @ 50/1:00/1:10/1:20/1:30

Alt 25 stroke count (long)/25 stroke rate (fast) + over kick

~100-200 ez

12 x 100 Best Avg @ 4:00

- 50/100/150 ez in between

300 - 25 free/25 non-free/25 DA back

## **Tuesday, April 2, 2012**

3/4/5 x 300 - pick from the following:

- 1) Free Build
- 2) 50 swim/50 kick choice
- 3) Pull - 3rd 25 fast
- 4) IM KDS or 3 x 100 IM swim
- 5) 6 x 50 desc 1-3

Swim until 5:55

10 x 50 @ 1:30-1:40

15 x 50 @ 1:10-1:20

20 x 50 @ 50-1:00

Alt - kick/kick-swim/swim-kick/kick/swim FAST

24 x 50 Free

1 each/2 each/3 each @ 1:05/1:00/55/50/45/40/35

OR

15 or 20 x 50 alt 2 free smooth, 3 non-free desc 1-2 FAST

@ 50/1:00/1:10/1:20/1:30

8 x 25 Sprints on 45 or 1:00

- choice of stroke

300 choice ez

## **Thursday, April 4, 2012**

100 Swim/100 Kick/100 Pull - mix up strokes

Swim until 5:55

10 x 50 @ 50/1:00/1:10/1:20

4 - Build

3 - 1st 25 sprint

2 - Neg split

1 - FAST

12 x 150 or 100 - Swim or Pull

3 - 1 Smooth @ 2:30/2:45/3:00/3:15 (with 15-30 rest)  
smooth 2 - 2 Fast Fast @ 2:10/2:20/2:30/2:45 (with 5-15 rest)  
1 - 3

16 or 20 x 50 kick @ 50/1:00/1:10/1:20/1:30

Alt 1 ez, 1 fast

200 ez

## **Tuesday, April 9, 2013**

100 Free/50 Kick/50 Non-Free/100 Pull

Repeat until 5:50

### **Freestyle Drills**

24 x 25 @ 40/45 - groups of 3 of each

OR

16 x 25 @ 55/1:00 - groups of 2 of each

- 1) Closed Fist - focus on pulling with forearm
- 2) Catch-Up - focus on finishing pulls and maintaining straight line
- 3) Swim + thumb to thigh
- 4) Swim strong

100 freestyle swim smooth

8 or 12 x 50 @ 10-20 rest

- 1) pull right/breathe right + pull left/breathe right
- 2) pull right/breath left + pull left/breath left

100 freestyle swim smooth

Mini Speed Pyramid - 2-4x through depending on time

25 - ez @ 30/35/40/45 or 10 rest

50 - ez/med @ 55/1:00/1:05/1:10 or 10 rest

75 - ez/med/fast @ 1:20/1:25/1:30/1:35 or 15 rest

100 - ez/med/fast/faster @ 1:45/1:50/1:55/2:00 or 15 rest

75 - med/fast/faster @ 1:20/1:25/1:30/1:35 or 15 rest

50 - fast/faster @ 55/1:00/1:05/1:10 or 10 rest  
25 - faster @ 30/35/40/45 or 10 rest

200 ez

### **Saturday, April 13, 2012**

600 or 800 or 1000 Swim/Kick/Pull/Drill  
- Drills: closed fist, catch up, thumb to thigh freestyle  
- Swim until 5:50

8 or 12 x 25 Sprints @ 40/45/50  
1) 10 m fast, 2) 15 fast, 3) 20 fast, 4) All Fast

Move into 3 lanes

6 x (2 x 75 + 1 x 100) - start at 1:20/1:25/1:30/1:35/1:40  
or  
6 x (2 x 50 + 1 x 75) - start at 1:15/1:20/1:25/1:30/1:35/1:40  
Rounds 1-3 = starting pace  
Rounds 4-5 = starting pace -5  
Round 6 = starting pace -10 (make the last 100)

100-200 ez

3/4/5 x 300

A) Ez/Med/Fast/Med/Ez - Pull @ 4:30/4:45/5:00/5:20/5:40/6:00

or

B) Alt IM Kick/Drill/Swim - 100 Free smooth/50 kick fast @ 30 rest

or

C) Choice Build @ 30 rest

### **Tuesday, April 16, 2012**

4-6 x

(200 - 50 free/50 stroke/50 kick/50 drill + 2 x 25 Fast)  
- stroke = IM order/alternating strokes



6 or 9 x 100 @ 1:40/1:50/2:00/2:10/2:20/2:30

- 1) KSSK
- 2) SKKS
- 3) Swim or kick build

4/5/6 x 50 @ pace

+ 3 x 50 ez

4/5/6 x 50 @ pace

+ 2 x 50 ez

4/5/6 x 50 @ pace

+ 1 x 50 ez

4/5/6 x 50 @ pace

- Choice of stroke

- Pace = 5-10 seconds rest with hard effort

- ez = pace + 20

6 or 9 x 100 Pull @ 15-30 rest

1) 50 fast/50 ez

2) 50 ez/50 fast

3) ez choice

## **Thursday, April 18, 2012**

200 free

100 kick/drill/swim/or pull - any stroke

Repeat until 5:55

12 or 16 x 50 choice kick with fins @ 50/1:00/1:10/1:20

1) ez

2) strong

12/15/18 x 100 starting @ 1:40/1:45/1:50/1:55/2:00/2:10/2:20/2:30

- Descend 1-3 (ez/med/fast)

- Descend pace by 5 seconds each round

100 ez

50 fast for time

100 ez

12 x 50 Pull @ strong pace (~10 rest)

100 ez

## **Tuesday, April 23, 2012**

4 or 5 x 200 (last one optional)

1) Choice, 2) Free/Breast by 25, 3) Free/Back by 50, 4) Free/Fly by 25, 5) IM

24 x 25 IM order 1 of each/2 of each/3 of each

@ 45/50 + a 100 IM after each round

@ 1:00/1:10 - straight through 25s

OR

30 x 25 Free @ 40/45/50 - descend the strong as you go

2 ez - 2 strong

2 ez - 3 strong

2 ez - 4 strong

2 ez - 5 strong

2 ez - 6 strong

50 ez to even out

4/5/6 x

100 Free ez

50 Non-free/IM/Free fast

50 Free ez

100 Non-free/IM/Free fast

- 100s @ 1:30/1:40/1:50/

- 25 5-10 m push off + length drill (G-3, catch-up, triple roll) @ 10 rest

- 50 Build + low stroke count (fast on last 2 rounds) @ 20 rest (wait for lane)

8 or 12 x 150 @ 2:30/2:45 or 3:00/3:15/3:30

1) 100 swim/50 kick

2) 50 kick/100 swim - 1st 100 FAST! K/S

3) 100 kick/50 swim

4) 50 swim/100 kick - 1st 100 FAST! S/K

- choice kick, freestyle swim

100-300 ez swim, 3rd 25 build to fast finish

main set goal: STEADY EFFORT

8 x 50 @ 50"/55"/1'/1'05/1'10/1'15/1'20/1'25...

4 x 100 @ 1'40/1'50/2'/2'10/2'20/2'30...

2x 200 @ 3'20/3'40/4'/4'20/4'40/5'/5'20...

1 x 400 @ 6'40/7'/7'20/7'40/8'/8'20/8'40...

200 ez.

technique breaststroke

### **Thursday, October 4, 2012**

4 x 50 choice with 20" rest - 200 br.(150 drill - legs, arms, timing + 50 full stroke)

4 x 50 choice with 10" rest - 200 bk.(150 G-3 drill + 50 full stroke technical)

4 x 50 kick alt. 1)br. 1)bk. 15" rest

4 x 2x200 fr. @ 3'/3'15/3'30/3'45/4'/4'15/ 4'30/4'45/5'...

1x150 I.M. w/o fly strong @ same pace as 200's

100 ez.

technique fly

### **Saturday, October 6, 2012**

200 choice - 300 drill choice stroke

4 x 150 kick I.M. w/o fly @ 3'/3'15/3'30/3'45/4'...

50 kick fly @1'/ 1'10/1'20/1'30/1'40/1'50/2'...

100 ez.

2 x or 3 x 50 ez. technical fr. @ 1'30/1'40/1'50/2'...

2x100 I.M. build. @ same pace as 50

3x100 fr. desc. 1-3 @ same as 50 ez. and 100's I.M.

100 ez.

technique: push-offs + last touches

## **Sunday, October 7, 2012**

200ez - 200d/s free - 200d/s back - 200I.M. work turns  
6x100 pull alt. 1)free, 1)back with 15" rest

300 free @ 4'30/4'40/4'50/5'/5'10/5'20/5'/5'40/5'50/6'...  
50 fly @1'/1'10/1'20/1'30/1'40/1'50/2'...  
200 fr./bk. @3'10/3'20/3'30/3'40/3'50/4'...  
50fly@ same pace  
100 I.M. @ 1'40/1'50/2'/2'10/2'20/2'30...  
50 fly @ same pace  
100 I.M. @ same  
50 fly @ same  
200 fr./bk. @ same  
50 fly @ same  
300 free @ same

100 ez.  
free + back technique

## **Tuesday, October 9, 2012 - Long Course**

600/750/900 - 50 free/50 kick/50 non-free

12 or 15 or 18 x 50 @ 50/1:00/1:15  
- choice of stroke, stroke length work by counting  
- desc 1-3

4 x 100 @ 1:30/1:40/1:50-2:00  
3 x 200 @ 3:00/3:20/3:40/4:00  
2 x 300 @4:30/5:00/5:30-6:00  
1 x 400 @ 5:30/6:10/6:40-7:00

300 pull breathing 3/5/7 by 50s

100 ez

## **Thursday, October 11, 2012**

400 mix + 200 IM if finished early  
300 IM KDS + 100 pull if finished early  
200 Kick build  
100 smooth

24 or 20 or 16 x 50 @ 50/1:00/1:15 with fins  
1) ez 2) build 3) ez 4) FAST  
- mix of flutter/dolphin on front or back

300 choice 3rd 25 double arm back

Pull

3 or 4 x (2 x 100 @ 1:40/1:50/2:00 + 1 x 150 @ 2:20/2:30/2:45)

100 ez

### **Saturday, October 13, 2012**

3 or 4 or 5 x  
- 100 ez choice @ 10 rest - push offs, kicking, long strokes  
- 25 stroke count @ 20 rest - establish count  
- 50 stroke count @ 10 rest - maintain count  
- 25 min/max @ 20 rest - length, kick, push offs

16 OR 12 x 25 @ 45 or 1:00

1) 1st 10 m fast push off  
2) middle 15 m fast  
3) last 10 m fast finish  
4) All Fast

100 ez

10 x 50/75/100 Best Average @ 2:00 - Recorded  
200 ez

16 OR 12 x 50 kick with fins or not @ 1:00/1:10/1:20/1:30/1:45

200 ez

## **Sunday, October 14, 2012**

600/800/1000 SKPD

Freestyle Drills - rolling focus & strong kicking - 25s of each

- Side Kick - full extension, palm down, head down, kicking
- Glide to 3 - working on roll & high extension
- Shark Attack - work on extension & glide

20 x 50 @ 1:00 or 1:10     or     15 x 50 @ 1:20 or 1:30

1) Kick 2) Swim/Kick 3) Kick/Swim 4) Kick Build 5) Swim Smooth

- Focus on kicking
- Focus on rolling from drill series

100 ez

3 or 4 x - Pull working on length & rolling

- 50 build @ 45/50/55/1:00/1:10/1:20
  - 100 smooth @ 1:45/1:50/1:55/2:00/2:10/2:20
  - 150 @ 2:45/2:50/2:55/3:00/3:10/3:20
- (1st = ez/fast/ez, 2nd = fast/ez/fast, 3rd & 4th = all fast)

200 ez - 50 swim/50 kick

## **Tuesday, October 16, 2012**

200 ez choice

600 = 50 K/50 D/50 S - alt 150 Free/150 Non-free

(+ 2 x 100 IM if time with 20 sec rest)

24 x 25 @ 35/40/45/50

- 1 of each, 2 of each, 3 of each IM order

OR

24 x 25 Free - reaching, rolling, & length

1) 40/45/50/55

- 2) 30/35/40/45
- 3) 35/40/45/50
- 4) 25/30/35/40

100-200 ez

26 x 50 or 75 - any stroke - Fast @ 1:00, ez @ 1:30

1 - 1

2 - 1

3 - 2

Fast 4 - 2 ez

3 - 2

2 - 1

1 - 1

100 ez

300 pull breathing 5/7 choice of pattern

50 ez

### **Thursday, October 18, 2012**

3 x 300 warm up - OR 3 x 200 (2nd one 4th 25 kick)

1) Choice swim

2) 3rd 25 choice kick

2) Pull breathing 3/5/7/9 by 25

3 or 4 x:

- 50 ez - 50/1:00/1:10

- 50 pace (ez speed) - 50/1:00/1:10

- 50 ez - 50/1:00/1:10

- 100 pace (ez speed)- 1:40/1:50/2:20

100-200 ez to prepare for main set

10 x 150/200/250 @ 3:30 (one lane can do 4:00 if needed)

- descend 1-5 with #5 & #10 all out & #10 for time

- maintain stroke length, kicking, breathing pattern (3), and push offs

100 ez

200 choice kick

100 ez

**Saturday, October 20, 2012**

200 Free

200 Free/Breast by 25s

200 Free/Back by 50s

200 Free/Fly by 25s

200 IM - Swim/Kick by 25

- Do either 4 or 5 depending on how long it takes you (everyone stops together)

14 x 50 choice kick (with or without fins) @ 1:00/1:10/1:20/1:30/1:45

1-1

ez 1-2 strong build

1-3

1-4

- push yourself on the strong 50s so that the higher numbers are challenging

100-300 choice smooth, every 4th 25 build to fast finish

- target to have everyone finish together to start the next set

Main Set - Choose your group based on the notes below - You can do any stroke but you have to make the pace time!

Group 1 = 6 x (2 x 100 + 1 x 125 @ 1:40/1:45/1:50)

OR

Group 2 = 5 x (2 x 100 + 1 x 125 @ 2:00/2:05/2:10)

OR

Group 3 = 6 x (2 x 75 + 1 x 100 @ 1:40/1:45/1:50)

OR

Group 4 = 5 x (2 x 75 + 1 x 100 @ 2:00/2:05/2:10)

- Choose the group that makes the longer distance a challenge to make (most people will be in groups 2 and 3)

- For an extra challenge - within your lane, pick a group and decide on a starting pace time and drop 5 seconds on each round or each second round

300 Pull breathing 150 by 7/100 by 5/50 by 3

**Sunday, October 21, 2012**



### Group 1

400 swim, 300 pull, 200 kick, 100 drill  
4x250 @ 4:00/4:20 (50 kick/100 free/100 IM)  
10x100 @ 1:30 2x(2 pull, 2 free, 1 ez @1:45)  
6x150 @ 2:40 (50 dolphin kick on your back/100 swim choice)  
4x50 @ :50 (descend stroke count 1-4)  
4x50 @ :60 (25 single arm drill/25 swim)  
4x50 @ :60 (25 underwater kick/25 swim)  
150 easy cooldown  
\*Total: 4650\*

### Group 2

400 swim, 300 pull, 200 kick, 100 drill  
4x200 @ 4:30 (50 kick/100 free/50 non-free)  
6x100 @ 1:45 (2 pull, 2 free, 2 choice)  
50 easy recovery  
4 x 100 @2:30 (50 kick no board/50 choice)  
4x50 @ :60 (descend stroke count 1-4)  
4x50 @ 1:10 (25 single arm drill/25 swim)  
4x50 @ 1:10 (25 underwater kick/25 swim)  
150 easy cooldown  
\*Total: 3600\*

### Group 3

300 swim, 200 pull, 100 kick  
3x200 w/:30 rest (50 kick/100 free/50 non-free)  
5x100 pull w/:15 rest  
5x100 w/:15 rest (odds: kick, Evens: choice)  
50 easy recovery  
4x50 w/:10 rest (descend stroke count 1-4)  
4x50 w/:10 rest (25 single arm drill/25 swim)

## **Tuesday, October 23, 2012**

75/100/125 Free swim + 25 kick - flutter  
75/100/125 Free swim + 50 kick - flutter/whip  
75/100/125 Free swim + 75 kick - flutter/whip/back  
75/100/125 Free swim + 100 kick - flutter/whip/back/dolphin  
- focus on turns in free swim & continuous kick pattern

10 x 100 @ 1:40/1:50/2:00

- 1) 75 free/25 non-free strong OR free fast
- 2) negative split

OR

Flip Turn Work

- Expectations (no breath in, fast flip, dolphin kick out, no breath until 3rd stk)
- Free in Back Out
- Free in Free Out
- Back in Back Out

18 x 50 free @ 1:10 (or 15 @ 1:20 if needed)

- starting from the middle = two turn 50s
- desc 1-3 & focus on turns & meeting expectations

300 choice of stroke

- 75 ez
- 75 with 1st 25 strong
- 75 with 1st 50 strong
- 75 strong build to fast finish

50 choice fast for time - recorded

300 pull 50 breathing 5, 25 backstroke

**Thursday, October 25, 2012**

3 times:

- 300 free OR 200 free - working on turns
- Then - round 1) 4 x 25 IM, round 2) 2 x 50 IM, round 3) 100 IM
- 10 seconds rest between each repeat

6/5/4 times:

- 50 flutter kick strong with board
- 2 x 50 dolphin kick - 1) Front/Right side, 2) Left side/Back
- all with fins

18 or 21 or 24 x 50 - working min/max & turns @ 1:00/1:10/1:20

- 1) 50 ez choice

- 2) min/max - set number
- 3) min/max - beat that number

100 ez

- 6 or 8 x 100 pull @ 1:40/1:50/2:00/2:10/2:20
- 25 stroke count
  - 25 ez smooth
  - 25 stroke count equal or lower than 1st one
  - 25 back pull

100 ez

### **Saturday, October 27, 2012**

Practice Not Available

### **Sunday, October 28 2012**

Practice Not Available

### **Tuesday, October 30, 2012**

800/1000/1200 SKPD

- as an extra option do each section in IM order

16 x 50 @ 1:15 or 20 x 50 @ 1:00 or 24 x 50 @ 50 - all Free

- 1) Focus on push offs - tight streamline, 3-5 dolphin kicks, 3rd stroke breath
- 2) Focus on stroke count - set count on 1st 25 and try to equal it on 2nd
- 3) Focus onflipturn - stroke length on approach, no breath in/out, proper push
- 4) Min/Max effort - try to descend number on each round

Choice kick with a board +/- fins

6 x (2 x 50 + 1 x 75 @ 1:15) OR 5 x @1:30

OR

6 x (3 x 25 @ 45 + 1 x 50 @ 1:15) OR 5 x (3 x 25 @ 50 + 1 x 50 @ 1:20

100-200 ez choice

Pull +/1 paddles

400 - Negative split

300 - 3rd 25 back - descend free 50s 1-4

200 - breathing 5/7 by 50s

100 - ez smooth

### **Thursday, November 1, 2012**

300/400/500 mix

12/15/18 x 50 alternating Kick/Drill/Swim @ 10 seconds rest

- within each round do the same stroke
- Fly Drills: 3 R/3L/3 Full, 1 up 6 under
- Back drills: Triple Roll, 1 arm extended, glide to 3
- Breast drills: 1p2k, glide to 3, br pulls with flutter kick
- Free drills: glide to 3, catch up, shark attack

Distance Pyramid - choice of stroke or freestyle pull

~30 rest between each as needed - aim for goal times then take rest

100 - build @ 1:10/1:15/1:20/1:25/1:30/1:40/1:50/2:00

200 - negative split @ 2:20/2:30/2:45/3:00/3:15/3:30/4:00

300 - build @ 3:30/3:45/4:00/4:15/4:30/5:00/5:30/6:00

400 - negative split @ 4:40/5:00/5:20/5:40/6:00/6:30/7:00/7:30/8:00

500 (optional) FAST for time @ 6:00/6:30/7:00/7:30/8:00/9:00/1:00

400 (optional) negative split @

4:40/5:00/5:20/5:40/6:00/6:30/7:00/7:30/8:00

300 - build @ 3:30/3:45/4:00/4:15/4:30/5:00/5:30/6:00

200 - negative split @ 2:20/2:30/2:45/3:00/3:15/3:30/4:00

100 - FAST for time @ 1:10/1:15/1:20/1:25/1:30/1:40/1:50/2:00

100 ez

300 choice swim/pull/kick smooth

### **Saturday, November 3, 2012**

PRACTICE CANCELLED DUE TO SWIM MEET

### **Sunday, November 4, 2012**

### **Tuesday, November 6, 2012**

400 Mix

300 Pull 3rd 25 back

200 choice kick

100 IM

12 x 50/75/100 - choice of stroke

@ 1:45/1:35/1:25

1:40/1:30/1:20

1:35/1:25/1:15

1:30/1:20/1:10

3 X        OR     5/6 X            OR Diving Lesson

- 200 Free            - 100 Free

- 100 IM/Stroke       - 50 Stroke

- 100 Free            - 50 Free

- 200 IM/Stroke       - 100 IM/Stroke

200s @ 2:45/3:00/3:15/3:30

100s @ 1:20/1:30/1:40/1:50

50s @ 45/50/55/1:00

300-400 choice pull

### **Thursday, November 8, 2012**

4/5/6 x 200

1) swim - alt 50 free/50 non-free

2) alt 50 swim/50 kick

20 x 50 choice kick/swim

4 - 1

3 - 2

Swim 2 - 3 Kick

1 - 4

Swim @ 50/1:00/1:10/1:20/1:30

Kick @ 1:00/1:10/1:20/1:30/1:40

300 Drill/Swim

5 x 200/250/300 @ 5:00

- negative split + descend 1-5

100s Pull breathing 3/5 by 50

**Saturday, November 10, 2012**

**Sunday, November 11, 2012**

**Tuesday, November 13, 2012**

300 Choice Swim

300 Kick - 50 smooth + 25 strong of different kick

300 Kick/Drill/Swim

300 Free Pull every 3rd 25 breathing 7

24/20/16 x 25 @ 35/40/50 - Choice of Stroke

1) First 10 m fast

2) Last 10 m fast

3) First 20 m fast

4) Last 20 m fast

200-300 - 25 Drill/25 Fast Finishes

12 x 50 Best Average  
- Choice of Stroke @ 1:30 - Recorded

100 ez

50 Choice Fast Recorded

300 choice pull  
200 choice kick  
100 choice swim

### **Thursday, November 15, 2012**

Warm up - 100s  
5 swim/3 kick/4 pull/2 drill  
OR  
4 swim/2 kick/3 pull/2 drill

6 OR 8 x 100 kick with fins@ 15 rest  
1) smooth  
2) strong - pick a pace  
3+) descend to/below pace

10 or 12 x 100 Swim @ 15 rest  
odds) ez/long  
evens) desc to fast pace

6 or 8 x 100 pull @ 20 rest  
descend 1 - 3or4  
ascend 4or5 - 6or8

### **Tuesday, November 20, 2012**

500 ⇒ 50 free/50 kick/25 non-free  
2 x [100 mix IM + 4 x 25 desc 1-4 choice]  
6 x 50 pull breathing  $\frac{3}{5}$ ,  $\frac{3}{7}$ ,  $\frac{3}{9}$

200 mix kick  
 100 neg split choice

Group 1	Group 2	Group 3
20 x 25 choice of stroke 1) kick 2) drill 3) swim ez 4) swim fast @ 35/40/45/50	12 x 50 @ 50/55/1:00/1:10/1:20  3-1 free swim 2-2 non-free S/K 1-1	Free Drills
6 or 8 x - 2 x 50 - 1 x 75 @1:00/1:05/1:10/1:15/1:20/1:30/1:40	7 x 200 @ 2:40/2:50/3:00/3:10/3:20/ 3:30/3:45 Odds) desc 1-4 + neg split Evens) ez smooth	Free Drills

### Thursday, November 22, 2012

1200 Swim/Kick/Pull/Drill (+ 300 swim)

12 or 15 x 100

- 1) ez + over kick
- 2) medium + stroke kick
- 3) strong ⇒ min/max

Lane 2 = 1:40

Lane 3 = 1:50

Lane 1 = 2:10

4 or 5 x 300 pull (or 1500 continuous)

- 1) ez
- (2) medium)
- 3) Fast
- 4) medium
- 5) ez



Peter's 1500 Continuous

500 = 6:49.7

7:50 = 10:17

1000 = 7:01.1, 13:51.0,

1500 = 7:00.69, 20:51.7, Last 100 = 1:23

**Tuesday, November 27, 2012**

300/400/500 mix - Finish by 5:40 am

15 or 20 x 50 - Kick/Kick-Swim/Swim-Kick/Kick/Swim - choice of stroke  
 @ 50/55/1:00 or 1:05/1:10/1:15/1:20

12 or 16 x 25 @ 40 or 30

1st half = stroke count - descend to lowest possible

2nd half = stroke rate - ascend to highest possible

Group 1 - Broken 300s	Group 2 - Broken 200s	Group 3 = Distance
6 x 50 @ 45 - desc 1-3 1:00 Rest 4 x 75 @ 1:15 - fast build 1:00 rest 3 x 100 @ 1:30 neg split 1:00 rest 75/150/75 @ 1:10/2:10 1:00 rest 2 x 150 @ 2:15 - last 50 30 rest 300 strong for time	8 x 25 @ :35 - desc 1-4 :50 rest 4 x 50 @ 1:15 - fast build 1:00 rest 75/50/75 @ 1:35/1:20 - 75s ez/m/f 1:00 rest 50/100/50 @ 1:10/2:10 - fast 100 1:00 rest 2 x 100 @ 2:00 - 2nd 50 blast 1:00 rest 200 strong for time	7 x 300 @ 4:15/4:30 Desc 1-7 OR odds 1-4 OR 8 x 200 @ 3:30/3:45 1 ez/1 fast OR desc 1-4
1800 m	1200 m	2100 or 1600 m

200 ez choice

50 choice fast for time

150 ez swim/kick

### **Thursday, November 29, 2012**

300 OR 200 Mix

300 OR 200 Kick/Drill/Swim

300 OR 200 IM Swim or Kick/Swim or Broken Swim

16 or 20 x 50 kick with/without fins

1) ez pace = 1:05/1:10/1:15/1:20/1:25/1:30

2) fast pace = 55/1:00/1:05/1:10/1:15/1:20

3) med pace = 1:00/1:05/1:10/1:15/1:20/1:25

4) fastest pace = 50/55/1:00/1:05/1:10/1:15

1 x 400 - Negative Split @ 5:30/6:00/6:30/7:00/7:30/8:00

2 x 300 - Build - Descending 100s 1-3 @ 4:30/4:45/5:00/5:15/5:30/5:45

3 x 200 - Negative Split + Desc 1-3 @ 3:00/3:15/3:30/3:45/4:00

4 x 100 - Best Avg @ 1:30/1:40/1:50/2:00

200 ez Swim

200 ez Kick

200 ez Pull

### **Tuesday, December 4, 2012**

3 or 4 x

( 200 choice swim/drill + 4 x 25 strong - 2 kick & 2 swim)

10 x 50 @ 1:00/1:10

4 - ez

3 - medium

2 - fast

1 - 50 for time

4 x

( 200 or 300 choice OR 3rd 25 fast to prep for the 50 + 50 FAST timed)  
the 4 x 50s are timed as a broken 200

100 ez

12 x 50 @ 1:00/1:10/1:20/1:30/1:40

- 1) kick ez
- 2) kick/swim - fast on the kick
- 3) swim/kick - fast on the kick
- 4) kick strong

100 ez

### **Thursday, December 6, 2012**

800/1000/1200 Swim-Kick-Pull-Drill

12 or 16 x 50 choice kick with fins @ 1:00 or 1:20

- 1) ez
- 2) strong

100 ez

12 x 100 - choice of stroke in sets of 3 x 100 + 1 x 100 ez

Round 1 - set pace on #1 (strong time + 10 secs) and hold for 2-3

Round 2 - hold on 5 secs faster than round 1 pace

Round 3 - hold on 10 secs faster than round 1 pace

6 x 150 pull @ 2:40/2:50/3:00/3:15/3:30 or on 10-20 rest

- 100 free/50 back

## **Tuesday, December 11, 2012**

4 or 5 x 200 (last one optional)

1) Choice, 2) Free/Breast by 25, 3) Free/Back by 50, 4) Free/Fly by 25, 5) IM

24 x 25 IM order 1 of each/2 of each/3 of each

@ 45/50 + a 100 IM after each round

@ 1:00/1:10 - straight through 25s

OR

30 x 25 Free @ 40/45/50 - descend the strong as you go

2 ez - 2 strong

2 ez - 3 strong

2 ez - 4 strong

2 ez - 5 strong

2 ez - 6 strong

50 ez to even out

6 x (2 x 75 + 1 x 100) - start at 1:20/1:25/1:30/1:35/1:40

or

6 x (2 x 50 + 1 x 75) - start at 1:15/1:20/1:25/1:30/1:35/1:40

Rounds 1-3 = starting pace

Rounds 4-5 = starting pace -5

Round 6 = starting pace -10 (make the last 100)

100 ez

12 x 50 Pull @ 50/1:00/1:10/1:20 or 10-20 rest

3 - 1

Free 2 - 2 Back

1 - 3

## **Thursday, December 13, 2012**

2:00/2:10/2:20

- 50s @ 40/45/50/55/1:00/1:10

- Try descending rounds by 5 sec in patters (2-2-2, desc 1-3)

100 ez

12 x 50 Pull @ 50/1:00/1:10/1:20 or 10-20 rest

3 - 1

Free 2 - 2 Back

1 - 3

**Thursday, April 24, 2012**

4/5/6 x (100 free + 2 x 50) @ 10 rest between

2 x 50 =

1) kick or pull build

2) Free Drills (catch up, thumb to thigh, Closed fist)

3) IM Swim/kick

16/20/24 x 50 free @ desc pace

rounds of 4 desc 1-4 - drop 5 between rounds if needed

- 16 = 1:15 > 1:00 or 1:25 > 1:10

- 20 = 1:00 > 45 or 1:05 > 50

- 24 = 50 > 35 or 55 > 40

100 ez

100 @ 1:12/1:35/1:45/1:55      OR      100 @ 2:00/2:10/2:20

200 @ 2:50/3:10/3:30/3:50      200 @ 4:00/4:20/4:40

300 @ 4:15/4:45/5:15/5:45      300 @ 6:00/6:30/7:00

400 @ 5:40/6:20/7:00/7:40      300 @ -15

300 @ -15      200 @ -10

200 @ -10      100 @ -5

100 @ -5

4/6/8 x 50 Kick with fins - streamline

1) Flutter front/Flutter back

2) Dolphin front/Dolphin back

100 ez

**Tuesday, April 30, 2012**

500 = 1st ½ Free, 2nd ½ Non-Free/Kick/Pull/Drill mix

400  
300  
200  
100

- swim until 5:55 - 300 IM KDS if finished early

14 x 50 choice kick (with or without fins) @ 1:00/1:10/1:20/1:30/1:45

1-1

ez 1-2 strong build

1-3

1-4

- push yourself on the strong 50s so that the higher numbers are challenging  
OR

14 x 75 Pull or Swim - same paces

50 ez

10 x 50/100 Best Avg on 2:00

- fastest pace for the whole set

- option to do 20 x 50 alt 1 fast/1 ez on 2:00

100 ez

400/600/800 swim or pull

Alt ez-med-fast-ez by 50s = choice of stroke

## **Thursday, May 2, 2012**

4/5/6 x 200 - choice of pattern but can't repeat consecutively

1) Free ez

2) 50 free/50 non-free

3) Pull 4th 25 back

3/4/5 x 200 Swim or Kick with fins - pace control

@ 3:00/3:15/3:30/3:45/4:00/4:20/4:40

- desc 1-N by time using goal times - Goal times descend by 5/10/15

Group 1 - Broken 200s	Group 2 - Broken 200s
8 x 25 @ :35/40 - desc 1-4 30 rest 2x(50 ez + 2 x 25 fast) @ 1:00/40 30 rest 4 x 50 @ 1:15 - fast build 30 rest 75/50/75 @ 1:30/1:20 - 75s ez/m/f 30 rest 50/100/50 @ 1:00/1:50 - fast 100 30 rest 2 x 100 @ 1:45/2:00 - 2nd 50 blast 30 rest 200 strong for time 30 rest 200 ez	8 x 25 @ :45 - desc 1-4 45 rest 4 x 50 @ 1:15 - fast build 45 rest 75/50/75 @ 1:50/1:20 - 75s ez/m/f 45 rest 50/100/50 @ 1:10/2:10 - fast 100 45 rest 2 x 100 @ 2:00-2:20 - 2nd 50 blast 45 rest 200 strong for time
1600 m	1200 m

2/3/4 x 200 Pull @ 15-30 rest  
50 smooth  
100 strong build  
50 ez

**Saturday, May 4, 2013**

3 x 300  
1. Mix  
2. FR-BK  
3. FR-BR/FR-BK/FR-FL

100 Swim @ 2  
2 x 50 Kick @ 1:15  
100 Swim @ 2  
4 x 50 Kick @ 1:15  
All x2  
1. Pull  
2. Swim

4 x 100 @ 2:10  
3 x 200 @ 3:45  
2 x 300 @ 5:40  
1 x 400 Strong

8 x 50 Alt Double Arm Back & Choice @ 10R  
**Sunday, May 5, 2013**

500 Mix

50 @ 45  
100 @ 1:30  
150 @ 2:15  
200 @ 3  
150 @ 2:15  
100 @ 1:30  
50 @ 45  
All x2

100 Drill  
100 Swim  
100 Kick  
100 Swim  
All x2  
Last 50 FAST  
10R In Between

300 BK  
1 Kick: 1 Swim  
400 IM  
300 Pull

**Tuesday, May 08, 2012**

400 mix  
300 IM Kick/drill/swim  
200 kick choice  
4 x 25 desc 1-4



- Finish by 5:50

12 x 50/75/100 - choice of stroke

@ 1:45/1:35/1:25

1:40/1:30/1:20

1:35/1:25/1:15

1:30/1:20/1:10

- everyone works on the same pace, choose the distance that you can make as you go

6 x (2 x 75 + 1 x 100)

Rounds 1-3 @ 1:20/1:25/1:30/1:35/1:40

Rounds 4-5 @ 1:15/1:20/1:25/1:30/1:35

Round 6 @ 1:10/1:15/1:20/1:25/1:30

OR

6 x (2 x 50 + 1 x 75)

Rounds 1-3 @ 1:20/1:25/1:30/1:35/1:40

Rounds 4-5 @ 1:15/1:20/1:25/1:30/1:35

Round 6 @ 1:10/1:15/1:20/1:25/1:30

OR

Freestyle Drills

- Streamline push offs

- Flutter Kicking

- Glide to 3 Drill

- Catch-up Drill

- Shark Attack

300 Pull - breathing 3/5/7 by 50s

and/or

300 Pull - every 3rd 50 backstroke

## **Thursday, May 16, 2012**

400 mix

300 IM KDS or Pull building 75s

200 kick choice

4 x 50 desc 1-4 fast

- swim until 5:55

16 or 20 x 50 - choice of kick or swim

4 - 1 swim @ 50/1:00/1:10/1:20/1:30  
swim 3 - 2 kick w fins kick @ 1:00/1:10/1:20/1:30/1:40  
2 - 3  
1 - 4

12 or 16 x 100 Choice of stroke or pull @ 1:30/1:40/1:50/2:00/2:20/2:40

1) smooth pace  
2) Neg split (ez/fast)  
3) fast/ez  
4) 100 fast

300 Pull - desc 75s 1-4  
200 kick - ez/fast by 25s  
100 swim ez

## **Tuesday, May 14, 2012**

200 Swim - 200 Kick - 200 Pull - 200 Drill (- 200 IM)  
2 x 25 spring between each 200  
- mix up strokes  
- swim until 5:55

24 x 25 - 1 of each/2 of each/3 of each  
Option 1) - IM order @ 40/45/50/55  
Option 2) - Pace times = 35-20/40-25/45-30/50-35/55-40

100-300 smooth - 25 ez/25 DA back/25 sprint 10-15 m

24 x 50 or 75 Free @ 1:00/1:10/1:20/1:30 - descend the strong as you go  
1 ez - 2 strong  
1 ez - 3 strong  
1 ez - 4 strong  
1 ez - 5 strong  
1 ez - 6 strong

100 - ez smooth  
200 - Neg split OR 25 free/25 non-free  
300 - Pull desc 75s OR IM KDS

200 - Neg split OR 25 free/25 non-free  
100 - ez smooth

## **Thursday, May 16, 2012**

Warm Up:

100 swim/50 kick/100 Pull or Drill - mix up strokes  
- repeat 250 m pattern until 5:50 am

6 x 100 @ 1:40/1:50/2:00/2:15/2:30 or 8 x 50 @  
1:20/1:30/1:40/1:50

1) Kick/Swim	1) Kick
2) Swim/Kick	2) Swim - Fast
3) Swim Build	3) Swim
- strong effort on the kick	4) Kick - Fast

100 ez/Bathroom Break/Drink to Even Out

Modified Pyramid (1650-2700m, Total = 40:30 min):

50 or 100 ez @ 2:00  
=> 100, 150, or 200 @ 2:30 - Even/Neg Split  
50 or 100 ez @ 2:00  
=> 150, 200, or 250 @ 3:15 - Even/Neg Split  
50 or 100 ez @ 2:00  
=> 200, 250, or 300 @ 4:00 - Even/Neg Split  
50 or 100 ez @ 2:00  
=> 250, 300, or 350 @ 4:45 - Even/Neg Split  
50 or 100 ez @ 2:00  
=> 300, 350, or 400 @ 5:30 - Even/Neg Split  
50 or 100 ez @ 2:00  
=> 200, 250, or 300 @ 4:00 - Strong Effort  
50 or 100 ez @ 2:00  
=> 100, 150, or 200 @ 2:30 - Strong Effort

8 x 50 choice @ 1:00/1:10/1:20/1:30+  
alt 1 strong, 1 ez smooth

## **Tuesday, May 21, 2013**

600 or 800 or 1000 Swim/Kick/Pull/Drill  
- Drills: closed fist, catch up, thumb to thigh freestyle  
- Swim until 5:50

16 or 20 x 50 Kick with fins or Pull  
1) ez @ 1:00/1:05/1:15/1:25/1:35  
2) Fast @ 50/55/1:05/1:15/1:25  
3) Med @ 55/1:00/1:10/1:20/1:30  
4) Fastest @ 45/50/1:00/1:10/1:20

1 x 400 Neg split @ 5:30/6:00/6:30/7:00/7:30/8:00  
2 x 300 Build, Desc 100s 1-3@ 4:30/4:45/5:00/5:15/5:30/5:45/6:00  
3 x 200 Neg Split + Desc 1-3@ 3:00/3:15/3:30/3:45/4:00  
4 x 100 Best Avg @ 1:30/1:40/1:50/2:00

300 Pull  
200 Kick/Swim  
100 ez

**Thursday, May 23, 2013**

600-900 - alt 100 swim/100 pull/100 kick choice

4/5/6 x ⇒ Rounds  $\frac{1}{2}$  ez,  $\frac{3}{4}$  strong,  $\frac{5}{6}$  fast  
- 150 @ 2:15/2:30/2:45/3:00/3:45  
- 100 @ 1:30/1:40/1:50/2:00/2:30  
- 50 @ 45/50/55/1:00/1:15

2000 m for time

**Tuesday, May 28, 2013**

12 x 100 @ 10-20 rest  
3 - 1  
Free 2 - 2 Non-Free/Kick/Pull/Drill  
1 - 3

8 or 12 x 25 Sprints @ 40/45/50  
1) 10 m fast, 2) 15 fast, 3) 20 fast, 4) All Fast

6 x (2 x 75 + 1 x 100) - start at 1:20/1:25/1:30/1:35/1:40

or

6 x (2 x 50 + 1 x 75) - start at 1:15/1:20/1:25/1:30/1:35/1:40

Rounds 1-3 = starting pace

Rounds 4-5 = starting pace -5

Round 6 = starting pace -10 (make the last 100)

100-200 ez

3/4/5 x 300

A) Ez/Med/Fast/Med/Ez - Pull @ 4:30/4:45/5:00/5:20/5:40/6:00

or

B) Alt IM Kick/Drill/Swim - 100 Free smooth/50 kick fast @ 30 rest

or

C) Choice Build @ 30 rest

### **Thursday, May 30, 2013**

(6/8/) 10 x 100 @ 10-20 rest

- alt Swim/Kick/Pull/Drill/IM

(6/8/) 10 x 100 Kick with Fins

1) ez choice

2) Fast Desc 1-5

(6/8/) 10 x 100 Choice @ 1:30/1:40/1:50/2:00/2:10/2:20

1) ez

2) 25 fast/25 ez

3) Neg split

4) Strong

10 x 100 or 50 Best Avg @ 2:00

(6/8/) 10 x 100 Pull @ 10-20 rest

- 4 Desc 1-4

- 3 middle 50 fast

- 2 strong

- 1 ez

## **Saturday, June 01, 2012**

400 Mix  
300 Pull 3rd 25 back  
200 choice kick  
100 IM

12 x 50/75/100 - choice of stroke  
@ 1:45/1:35/1:25  
1:40/1:30/1:20  
1:35/1:25/1:15  
1:30/1:20/1:10

3 X        OR        5/6 X  
- 200 Free            - 100 Free  
- 100 IM/Stroke       - 50 Stroke  
- 100 Free            - 50 Free  
- 200 IM/Stroke       - 100 IM/Stroke

200s @ 2:45/3:00/3:15/3:30  
100s @ 1:20/1:30/1:40/1:50  
50s @ 45/50/55/1:00

300-400 choice pull

## **Sunday, June 02, 2012**

5 x 300 @ 20-30 rest  
1) Choice Mix  
2) Freestyle, 3rd 50 Kick  
3) IM Kick/Drill/Swim or Free KDS  
4) Pull alt 50 smooth/50 fast  
5) 3 x 100 desc 1-3

24 x 25 @ 30/35/40/45/50  
- 1 of each, 2 of each, 3 of each  
1) Free Ez  
2) Kick Fast  
3) Drill  
4) Non-Free Fast

12 x 100 Choice Swim or Pull @ 1:30/1:40/1:50/2:00/2:10/2:20

3 - 1

Ez 2 - 2 Fast

1 - 3

8 x 25 Sprints @ 30-60 sec rest

200 ez

## **Tuesday, June 4, 2013**

100 Free

3/4/5 x 50 Kick

10-15 rest 50 Non-Free

100 Pull

4 x 100 Desc 1-4 - Start at 2:30/2:20/2:10/2:00/1:50/1:40/1:30

- start at pace + 25 & descend by 10 each time

30 rest

4 x 75 Desc 1-4 - Start at 2:00/1:50/1:40/1:30/1:20/1:10/1:00

- start at pace + 25 & descend by 10 each time

30 rest

4 x 50 Desc 1-4 - Start at 1:30/1:20/1:10/1:00/50/40

- start at pace + 10 & descend by 5 each time

100-200 ez

Challenge 50s/75s/100s

- starting at 2:15 - descending by 5 sec each time

- start at the highest distance possible and drop down once you don't make it

- continue until everyone misses 75s (~50-1:00 = 16-18 repeats)

2 x 300 pull negative split

- smooth effort

## **Thursday, June 6, 2013**

1200 Swim/Kick/Pull/Drill (+ 300 swim)

12 or 15 x 100

1) ez + over kick

2) medium + stroke kick

3) strong ⇒ min/max

Lane 2 = 1:40

Lane 3 = 1:50

Lane 1 = 2:10

4 or 5 x 300 pull

1) ez

(2) medium)

3) Fast

4) medium

5) ez

8 x 50 Choice @ 1:00 or 15 rest

alt 1 strong, 1 ez

### **Saturday, June 8, 2013**

300 OR 200 Mix

300 OR 200 Kick/Drill/Swim

300 OR 200 IM Swim or Kick/Swim or Broken Swim

16 or 20 x 50 kick with/without fins

1) ez pace = 1:05/1:10/1:15/1:20/1:25/1:30

2) fast pace = 55/1:00/1:05/1:10/1:15/1:20

3) med pace = 1:00/1:05/1:10/1:15/1:20/1:25

4) fastest pace = 50/55/1:00/1:05/1:10/1:15

1 x 400 - Negative Split @ 5:30/6:00/6:30/7:00/7:30/8:00

2 x 300 - Build - Descending 100s 1-3 @ 4:30/4:45/5:00/5:15/5:30/5:45

3 x 200 - Negative Split + Desc 1-3 @ 3:00/3:15/3:30/3:45/4:00

4 x 100 - Best Avg @ 1:30/1:40/1:50/2:00

200 ez Swim

200 ez Kick



200 ez Pull

## **Tuesday, June 11, 2013**

4/5/6 x 200

1) swim - alt 50 free/50 non-free

2) alt 50 swim/50 kick

20 x 50 choice kick/swim

4 - 1

3 - 2

Swim 2 - 3 Kick

1 - 4

Swim @ 50/1:00/1:10/1:20/1:30

Kick @ 1:00/1:10/1:20/1:30/1:40

300 Drill/Swim

5 x 200/250/300 @ 5:00

- negative split + descend 1-5

100s Pull breathing 3/5 by 50

## **Thursday, June 13, 2013**

3 x

- 200 choice

- 4 x 50 desc 1-4 - kick/swim/pull/drill

10 x 50 @ 1:00/1:10/1:20/1:30

4 - smooth

3 - strong

2 - Fast

+ 30 sec rest

1 - Sprint

2000 For Time

300 ez- DA back/kick

200 kick/pull

100 float

**Saturday, June 15, 2013**

800/1000/1200 Swim-Kick-Pull-Drill

12 or 16 x 50 choice kick with fins @ 1:00 or 1:20

1) ez

2) strong

100 ez

12 or 16 x 100 - choice of stroke in sets of 3 x 100 + 1 x 100 ez

Round 1 - set pace on #1 (strong time + 10 secs) and hold for 2-3

Round 2 - hold on 5 secs faster than round 1 pace

Round 3 - hold on 10 secs faster than round 1 pace

Round 4 - hold on 15 secs faster than round 1 pace

6 x 150 pull @ 2:40/2:50/3:00/3:15/3:30 or on 10-20 rest

- 100 free/50 back

**Sunday, June 16, 2013**

5 x 200

1) choice

2) Free/Breast by 25

3) Free/Back by 50

4) Free/Fly by 25

5) IM

20 x 25 @ 40 or 16 x 50 @ 50

1) 1st 10 m fast

2) Middle 15 m fast

3) All Fast (Dive)

4) Last 10 m fast

4 - 5 - 6 x

- 50-100 ez

- 3 x 50 Round 1 = build, Round 2 = desc 1-3, Round 4 = fast  
- 1 x 50 dive  
Pace = 45/50/55/1:00/1:05/1:10

600-800 Social kick with fins  
- every 4th 25 fast  
or  
- every 4th 25 under water

200 ez

**Tuesday, June 18, 2013**

300 mix

12 x 50/75/100 @ 1:20/1:30/1:40/1:50  
1 - 1  
Ez free 2 - 2 Fast choice  
3 - 3

100 ez

10 mins choice kick with fins  
- 3rd 25 fast, changing strokes each round  
or  
- 75 ez/75 strong

Pull - 4 x

- 50-100 ez @ 2:00

- N x 50 fast @ 5:00

If pace = 40/45-N = 7, 50-N = 6, 55-1:05-N = 5, 1:10-1:20-N = 4, 1:30+ N = 3

300 ez choice kick/swim/pull

**Thursday, June 20, 2013**

4/5/6 x (100 free + 2 x 50) @ 10 rest between

2 x 50 =

1) kick or pull build

2) Free Drills (catch up, thumb to thigh, Closed fist)

3) IM Swim/kick

16/20/24 x 50 free @ desc pace  
rounds of 4 desc 1-4 - drop 5 between rounds if needed  
- 16 = 1:15 > 1:00 or 1:25 > 1:10  
- 20 = 1:00 > 45 or 1:05 > 50  
- 24 = 50 > 35 or 55 > 40

100 ez

100 @ 1:12/1:35/1:45/1:55	OR	100 @ 2:00/2:10/2:20
200 @ 2:50/3:10/3:30/3:50		200 @ 4:00/4:20/4:40
300 @ 4:15/4:45/5:15/5:45		300 @ 6:00/6:30/7:00
400 @ 5:40/6:20/7:00/7:40		300 @ -15
300 @ -15		200 @ -10
200 @ -10		100 @ -5
100 @ -5		

4/6/8 x 50 Kick with fins - streamline

- 1) Flutter front/Flutter back
- 2) Dolphin front/Dolphin back

100 ez

**Tuesday, July 2, 2013**

400 mix  
300 IM kick/drill/swim  
200 kick alt fast/ez  
100 strong

20 x 50 kick w fins

- 1) flutter front
- 2) dolphin front
- 3) flutter back
- 4) dolphin back

100 ez

12-15 x 100 @ 1:30/1:40/1:50/2:00/2:10/2:20/2:30

- 1) strong
- 2) build

3) fast  
- choice of stroke

2 x 300 Pull

1) desc 75s 1-4

2) ez 3rd 25 bk or 5 cycle

**Thursday, July 4, 2013**

4 x

- 100 swim

- 100 kick/pull/drill

- 2 x 50 sprints

12 x 100 choice @ 1:30/1:40/1:50/2:00/2:10/2:20/2:30

1) kick-swim

2) swim-kick

3) kick or swim fast

6 x doing 1 of each, 2 of each, 3 of each

- 50 ez @ 45/50/55/1:00/1:15/1:30

- 100 neg split @ 1:30/1:40/1:50/2:00/2:30/3:00

- 150 last 50 fast @ 2:15/2:30/2:45/3:00/3:45/4:30

300 alt 25 DA back, 25 sprint, 25 choice

**Tuesday, July 9, 2013**

300 mix

200 Kick/Drill

100 IM

4 x 25 Choice Desc 1-4 @ 10 rest

4 x 50 Pull alt 25 ez/25 fast @ 10 rest

4 x 75 IM or choice Kick/Drill/Swim by 25 @ 15 rest

16/20/24 x 25 @ 35/40/45/50

1) Underwater streamline kick + fast Free

2) ez backstroke

- 3) Non-free build
- 4) Free Sprint

30 x 50 @ 50/1:00/1:10/1:20/1:30

1 - 1

2 - 2

ez choice 3 - 3 Fast

4 - 4

5 - 5

5 x 200 Pull @ 20 rest

A) Pyramid = ez-med-fast-med-ez

B) Breathing Pattern - 3-5, 3-7, 3-9, 5-7, 5-9 by 50s

### **Thursday, July 11, 2013**

200 free

100 kick/drill/swim/or pull - any stroke

Repeat until 5:55

12 or 16 x 50 choice kick with fins @ 50/1:00/1:10/1:20

1) ez

2) strong

12/15/18 x 100 starting @ 1:40/1:45/1:50/1:55/2:00/2:10/2:20/2:30

- Choice of stroke or IM

- Descend 1-3 (ez/med/fast)

- Descend pace by 5 seconds each round

100 ez

50 fast for time

100 ez

12 x 50 Pull @ strong pace (~10 rest)

100 ez

## Tuesday, July 16, 2013

100 Free  
3/4/5 x 50 Kick  
10-15 rest 50 Non-Free  
100 Pull

16 or 20 x 50 with fins - choice of stroke @ 45/50/55/1:00/1:10/1:20/1:30  
1) ez choice  
2-4) fast desc 1-3

100 - 100 @ 1:30-2:20 (set 100 goal pace)  
100 - 200 @ 2 x 100 + 5 sec  
ez choice 100 - 300 @ 3 x 100 + 10 sec  
100 - 400 @ 4 x 100 + 15 sec  
100 - 500 @ 5 x 100 + 20 sec

300 DA bk/pull/kick ez

## Thursday, July 18, 2013

up to 1200 Swim/Kick/Pull/Drill

24 x 50 - 1 of each, 2 of each, 3 of each  
#1 = Swim ez @ 50/1:00/1:10/1:20/1:30  
#2 = Swim Fast @ 1:00/1:10/1:20/1:30/1:40  
#3 = Kick ez @ see above  
#4 = Kick fast @ see above

100-200 ez

6 x

- 50 FAST at 1:30

- 100 or 2 x 50 ez at 2:30 total (Restart 50 fast at 4:00)

300 choice pull/kick

## Tuesday, July 23, 2013

4 x (150 Free + 4 x 25 IM order desc 1-4 @ 35/40/45/50)

15 or 20 x 50 - Kick/Kick-Swim/Swim-Kick/Kick/Swim - choice of stroke  
@ 50/55/1:00 or 1:05/1:10/1:15/1:20

8 or 12 x 25 @ 40 or 30

1st half = stroke count - descend to lowest possible

2nd half = stroke rate - ascend to highest possible

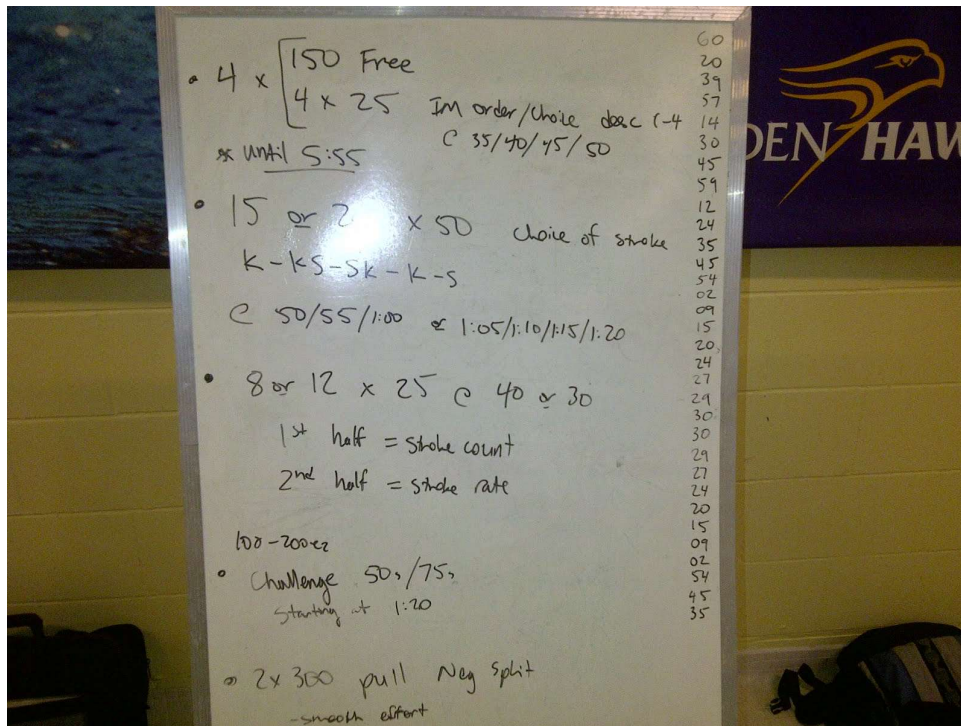
100-200 ez

Challenge 50s/75s

- starting at 1:20 - descending by 1 sec each time

2 x 300 pull negative split

- smooth effort



## Thursday, July 25, 2013

3 x 300 warm up - OR 3 x 200 (2nd one 4th 25 kick)

1) Choice swim



- 2) 3rd 25 choice kick
- 2) Pull breathing 3/5/7/9 by 25

16/20/24 x 100 @ 1:30/1:40/1:50/2:00/2:15/2:30/2:45

alternate:

- 1) ez, 2) fast/ez/ez/fast, 3) ez/fast/fast/ez, 4) fast

AND

Strong effort Desc 1-4 (by 2-3 sec to fast)

100-200 ez

8 x 150 Pull @ 2:15/2:30/2:45/3:00/3:20/3:40/4:00

Choose from:

- 1) Free strong + 3rd 25 back
- 2) Breathing 3-5/3-7/3-9 by 25s
- 3) 1 fast/1 ez, choice of stroke

## **Tuesday, July 29, 2013**

400 Alternate 100 free/100 non free

300 Kick/Drill/Swim by 25s - IM order optional

200 alt 25 ez/25 fast

100 IM swim, kick, or drill

+ 300 Pull if finished ⇒ swim until 5:55

12 x 50 choice @ 40/50/1:00/1:10/1:20/1:30/1:40/1:50

3 - 1

ez kick 2 - 2 fast swim

1 - 3

14 x 25 Free Sprints @ 30/35/40/45/50/55

1 - 1

ez 1 - 2 Sprint

1 - 3

1 - 4

6 x (2 x 75 + 1 x 100) - start at 1:20/1:25/1:30/1:35/1:40

or

6 x (2 x 50 + 1 x 75) - start at 1:15/1:20/1:25/1:30/1:35/1:40

Rounds 1-3 = starting pace

Rounds 4-5 = starting pace -5

Round 6 = starting pace -10 (make the last 100)

12 x 50 pull @ 10-20 rest, ascending 1-3

### **Thursday, August 1, 2013**

20 minute warm up:

- 100s with 15 sec rest = 50 swim/25 stroke kick/25 strong swim with strong kick

16/20/24 x 50 @ 1:00

1) underwater kick/build

2) ez choice

3) underwater kick/build

4) negative split to fast speed

7 x 200 @ 3:30

Odd: negative split + descend 1-4

even: ez + 4th 25 fast

OR

5 x 200 @ 5:00

Descend 1-5 + negative split (medium-fast)

3 x 300 pull

1) 25 stroke count/25 build speed

2) 50 Free/25 back

3) Mix choice/float

### **Tuesday, August 6, 2013**

4 or 5 x 200 (last one optional)

1) Choice, 2) Free/Breast by 25, 3) Free/Back by 50, 4) Free/Fly by 25, 5) IM

24 x 25 IM order 1 of each/2 of each/3 of each

@ 45/50 + a 100 IM after each round

@ 1:00/1:10 - straight through 25s

OR

30 x 25 Free @ 40/45/50 - descend the strong as you go

2 ez - 2 strong

2 ez - 3 strong

2 ez - 4 strong

2 ez - 5 strong

2 ez - 6 strong

50 ez to even out

3 X            OR        5/6 X            OR Diving Lesson

- 200 Free            - 100 Free

- 100 IM/Stroke        - 50 Stroke

- 100 Free            - 50 Free

- 200 IM/Stroke        - 100 IM/Stroke

200s @ 2:45/3:00/3:15/3:30

100s @ 1:20/1:30/1:40/1:50

50s @ 45/50/55/1:00

300-400 choice pull

## **Tuesday, August 8, 2013**

4/5/6 x (100 free + 2 x 50) @ 10 rest between

2 x 50 =

1) kick or pull build

2) Free Drills (catch up, thumb to thigh, Closed fist)

3) IM Swim/kick

16/20/24 x 50 free @ desc pace

rounds of 4 desc 1-4 - drop 5 between rounds if needed

- 16 = 1:15 > 1:00 or 1:25 > 1:10

- 20 = 1:00 > 45 or 1:05 > 50

- 24 = 50 > 35 or 55 > 40

100 ez

100 @ 1:12/1:35/1:45/1:55      OR      100 @ 2:00/2:10/2:20  
200 @ 2:50/3:10/3:30/3:50      200 @ 4:00/4:20/4:40  
300 @ 4:15/4:45/5:15/5:45      300 @ 6:00/6:30/7:00  
400 @ 5:40/6:20/7:00/7:40      300 @ -15  
300 @ -15                              200 @ -10  
200 @ -10                              100 @ -5  
100 @ -5

4/6/8 x 50 Kick with fins - streamline

- 1) Flutter front/Flutter back
- 2) Dolphin front/Dolphin back

100 ez

### **Thursday, August 15, 2013**

800 Swim/Kick/Pull/Drill

4 x

- 100 swim @ 1:30/1:40/1:50/2:00/2:10/2:20
- 50 kick @ 50/1:00/1:10/1:20/1:30/1:40
- 50 swim @ 40/50/1:00/1:10/1:20/1:30
- 100 kick @ 1:40/1:50/2:00/2:10/2:20/2:30

16 x 100 @ 1:30/1:40/1:50/2:00/2:10/2:20/2:30

- 4 x (3 x 100 desc 1-3 strong + 1 x 100 ez choice)
- drop 5 seconds on the pace for each round for an extra challenge

300 pull - breathing 3-5-7 or 3rd 25 kick

200 kick smooth

100 ez

### **Thursday, August 22, 2013**

200 mix

12 x 100 @ 10-20 rest - alternate 50 Free/50 Non-free

1) swim

2) kick

3) pull

4) drill

20 x 50 alternating 4 swim/4 kick

- 3 x 50 desc 1-3 @ 40/50/1:00/1:10/1:20/1:30 (pace + 10 for kick)

- + 1 x 50 ez

1 x 400 @ 5:30/5:45/6:00/6:20/6:40/7:00/7:30/8:00

2 x 300 @ 4:00/4:10/4:20/4:30/4:45/5:00/5:20/5:40/6:00

3 x 200 @ 2:40/2:50/3:00/3:10/3:20/3:30/3:45/4:00

4 x 100 @ 1:20/1:25/1:30/1:35/1:40/1:50/2:00

300 ez

## **Tuesday, August 27, 2013**

100 ez

200 Swim/kick

300 3rd 25 non-free

400 descending 100s 1-4, choice of stroke

20 x 50 @ 40/45/50/55/1:00/1:10/1:20/1:30

A) IM, 5 of each stroke, desc 1-5 (may do 25 stroke/25 free)

or

B) 5 Swim/5 Kick/5 Pull/5 Drill, desc 1-5

6 x (2 x 75 + 1 x 100) - start at 1:20/1:25/1:30/1:35/1:40

or

6 x (2 x 50 + 1 x 75) - start at 1:15/1:20/1:25/1:30/1:35/1:40

Rounds 1-3 = starting pace

Rounds 4-5 = starting pace -5

Round 6 = starting pace -10 (make the last 100)

400 alt 50 strone, 50 ez choice  
300 IM Kick/Drill/Swim or Pull breathing 3/5 by 50s  
200 kick  
100 float

**Thursday, August 29, 2013 - Last day of the season!**

500 = 1st ½ Free, 2nd ½ Non-Free/Kick/Pull/Drill mix  
400 = "  
300 = "  
200 = "  
100 = "

14 x 50 choice kick (with or without fins) @ 1:00/1:10/1:20/1:30/1:45

1-1  
ez 1-2 strong build  
1-3  
1-4

- push yourself on the strong 50s so that the higher numbers are challenging

50 ez

6 x 50 @ 1:00/1:10/1:20

1) 25 ez/25 fast  
2) 25 fast/25 ez  
3) 50 Strong build to high stroke rate

10 x 50/100 Best Avg on 2:00

- fastest pace for the whole set  
- option to do 20 x 50 alt 1 fast/1 ez on 1:00

100 ez

400/600/800 swim or pull

Alt ez-med-fast-ez by 50s = choice of stroke

Tuesday, September 10, 2013- Welcome and welcome back!

500 Kick

6 x 25 Sprints @ 30

x2 2 x 25 Kick Sprint @ 40

2 x 75 Kick - Over Kick (OK) - Distance per Stroke (DPS) @ 1:40  
2 x 100 Negative Splits (NS) @ 1:50

x3 150 Drill - Swim

150 Kick - Swim

1) FR

2) Best Non Free (BNF)

3) Stk. (Stroke, ie. choice)

2 x 300

1) 75 Kick - 75 Sprint / 50 Kick - 50 Sprint / 25 Kick - 25 Sprint

2) 150 FR / 150 Stk.

50 FR @ 35

50 Stk. @ 45

100 FR @ 1:10

100 Stk. @ 1:30

200 FR @ 2:30

200 Stk. @ 2:50

4 x 100 @ 30R

2 Drill

2 Stk.