2013-2014 SEASON

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Saturday, Sept.07/13

3x    300.   1)choice swim

                  2)ch. kick          3rd 25 stronger

                  3)fr. Drill

15 min. Kick w/o board (work body position)

30' fr. tech. w August

8x/12x/15x100 fr. desc.1-4 or 1-5 @1'40,1'45, 1'50,1'55,2'...

W-D

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Sanday, Sept.08/13

200 choice

4x150 fr. - 50 kick/50 drill/50 DPS 20" rest ibt

30' bk. tech.

4x/6x/8x.            50 fr. DPS

  20" rest           150 fr. Build

WD.    25 choice-50 DA back-25 under H2O    15" rest ibt

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Thursday, September 12, 2013

x3    100 Swim

    100 Drill

    100 Kick

        1) FR

        2) BNF

        3) Stk.

8 x 150 @ 20R

    Kick - Swim - Kick

    Swim - Kick - Swim

    Drill - Swim - Drill

    Swim - Drill - Swim

x2    50 Kick @ 45/1/1:15

    100 Swim @ 1:15/1:30/1:45

    50 Drill @ 1/1:15/1:30

    100 Swim @ same as above

    50 Drill @ same

    100 Swim @ same

    50 Kick @ same

    100 Swim @ same

4 x 200 @ 40R

    1 Kick

    1 Pull

    2 Stk.

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Saturday, Sept.14/13

300 fr. (150 drill-50 swim tech.)

6x50 ks/sk  \*kick fast

        @ 1'/1'05/1'10...

300 bk. (150 drill-50 swim tech.)

12x25 bk.   1e/1f.

         @ 40"/45"/50"...

30' br. tech.

4x400 desc. rest                or.             7x200 odds-desc. interval/evens even

@6'30/6'20/6'10/6'                             @ 3'10/3'20/3'30...

100 ez.

WD 8x75 pull w fins. Every 3rd 25 fly kick on back

            20" rest ibt

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Sunday, Sept.15/13

200 choice

I.M. SET:

              3x      2x50 kick.     15" rest ibt

                        150 drill

                        4x50 swim desc.1-4

\*1st round bk.

 2nd br.

 3rd  fr.

30' fl. tech.

2x/3x/4x      2x50 bk.           1st round bk. strong

                   4x25 br.            2nd round br. strong

                   200   fr.             3rd round fr.  strong

                                             4th round all  strong

100 ez.

4x 25 DA BK

    50 5 cycle breathing

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Tuesday, September 17, 2013

400 Mix @ 30R

300 Kick - Drill - Swim @ 30R

200 Dolphin @ 30R

4 x 25 Minimum Breathing @ 45

x6    50 Kick @ 1:10

    100 Kick @ 1:55

18 x 100 FR

    6 @ 1:55

    3 @ 1:45

    4 @ 1:55

    2 @ 1:40

    2 @ 1:55

    1 @ 1:35

200 Pull

200 Swim

Thursday, September 19, 2013

400 Choice → Focus on Turns

24 x 50 IM Order

    1 Kick @ 1:05/1:15/1:25

    1 Drill @ 1:05/1:15/1:25

    1 Swim @ 55/1:05/1:15

x2    100 Swim @ 1:55/1:05/1:15

    3 x 50 Negative Split Kick @ 1:05/1:15/1:25

    100 Swim @ 1:55/1:05/1:15

    4 x 50 1 Easy : 1 Fast @ 35/45/55

6 x 100 @ 2

    2 Kick-Swim

    2 Swim-Kick

    2 Pull

8 x 100

    4 Descend 1-4 @ 1:50

    4 Hold Pace @ 2

100 Kick

100 Pull

100 Choice

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Saturday, Sept.21/13

100 choice

        |50 kick w/o board (body position)

4x.    |75 drill

        50swim

Tuesday, September 24, 13

x4    100 Mix IM @ 2

    2 x 50 IM Drill @ 1:05

    4 x 25 IM Descend 1-4 @ 35

x2    50 FR @ 1

    100 Non-FR @ 1:55

    100 FR @ 1:45

    150 Non-FR @2:50

    150 FR @ 2:45

    200 Non-FR @ 3:40

6 x 75 Kick @ 1:45

        Last 25 Sprint

20 Mix

Thursday, September 26, 13

3 x 300

    FR-BK

    FR-BK/FR-BR/FR-FL

    Mix

x2    100 Swim @ 2

    2 x 50 Kick @ 1:15

    100 Swim @ 2

    4 x 50 Kick @ 1:15

        1) Swim = 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 BK & Choice @ 15R

Tuesday, October 1, 2013

200 Choice @ 3:45

100 Kick @ 2:10

200 Choice @ Same

100 Pull @ 2

200 Choice @ Same

100 Drill-Swim

x4    75 DPS @ 1:30

    50 Drill @ 1

    25 Sprint @ 30

x2    3 x 150 @ 2:30

    100 Easy @ 2:15

    2 x 150 @ 2:25

    100 Easy

    1 x 150 @ 2:20

    100 Easy

300 Pull

200 Swim

Thursday, October 3, 2013

200 Choice

10 x 100 @ 15R

    1) Kick-Swim

    2) Swim-Kick

    3) Drill-Swim

    4) Swim-Drill

100 FR @ 1:30

50 FL-BK Kick @ 1:10

50 BR-FR Kick @ 1:10

100 IM Drill @ 2:15

18 x 50

    6 FR @ 1:05

    4 IM @ 1:10

    3 FR @ 1

    2 IM @ Same

    2 FR @ 55

    1 Non-FR @ 1:10

x2    3 x 150 @ 2:30

    100 Easy @ 2:15

    2 x 150 @ 2:25

    100 Easy

    1 x 150 @ 2:20

    100 Easy

3 x 100 Choice @ 2:15

Tuesday October 10, 2013

300 Choice

4 x 75 K-OK-DPS @ 1:45

3 x 100 @ 1:45

16 x 100

    K-S @ 2:10

    S-K @ 2:05

    Drill @ 2

    IM @ 1:55

    FR @ 1:50

12 x 50 Pull @ 1:10

    Easy

    Build

    Easy

    Fast

200 Kick

100 Choice

Thursday October 10, 2013

100 Swim @ 1:45

2 x 50 Neg. Split Kick @ 10R

100 Drill @ 1:50

2 x 50 Neg. Split Swim @ 10R

30 x 50

    Kick @ 1:10

    K-D @ 1:05

    Drill @ 1

    D-S @ 55

    Swim @ 50

300 Pull @ 10R

    Breathing 3/5/3 by 100s

300 Swim @ 10R

    Focus on turns

400 @ 15R

    K-S-K-S

250 Easy

Tuesday October 15, 2013

400 Mix

6 x 50 @ 1:15

    FL-BK

    BK-BR

    BR-FR

300

    15 underwater off walls

18 x 50

    x3    3 @ 1:20

        2 @ 50

        1 @ 30

x4    100 @ 1:30

    50 @ 55

        2 min. rest

x2    200 @ 3:45

    100 @ 1:30

        2 min. rest

x1    400 @ 8

    200 @ 3:30

200 Kick

100 Pull

100 Choice

Thursday October 17, 2013

300 Mix

2 x 100 Neg. Split @ 1:50

300 K-D-S

4 x 50 Neg. Split @ 1:10

100 Easy

20 x 50 @ 55/1:05

    FR    Non-FR

    4    -    1

    3    -    2

    2    -    3

    1    -    4

12 x 100 @ 1:50/2:10

    FR    Non-FR

    3    -    1

    2    -    2

    1    -    3

2 x 150 Choice

Tuesday October 22, 13

200 Choice

6 x 50 20m Head-Up @ 1:05

200 Kick

6 x 50 15m Underwater @ 1:05

100 Easy

x6    100 Drill

    100 Swim

    100 Kick

    100 Swim

        Last 50 FAST for all and @ 15R for all

10 x 100

    4 @ 2

    3 @ 1:50

    2 @ 1:40

    1 @ 1:35

300 Choice

Thursday October 24, 13

400 Mix

4 x 50 @ 1

4 x 50 @ 50

4 x 50 @ 40

8 x 25 Kick @ 40

3 x (50 + 150)

    FL    BK

    FL    BR

    FL    FR

200 IM

    All at 15R

4 x 100 Pull Least Favourite @ 2

4 x 50 Pull Favourite @ 50

2 x 100 FR @ 1:30

2 x 600 @ 30R

    1) Pull, Build each 300

    2) Fins, 100 Swim / 100 Kick

Tuesday October 29, 13

200 Choice

4 x 50 Negative Split Kick @ 1:30

200 Choice

4 x 50 Negative Split 1:10

500 (20 25’s)

    1 Easy : 1 Hard

    2 Easy : 2 Hard

    3 Easy : 3 Hard

    4 Easy : 4 Hard

500

    4 Easy : 4 Hard

    3 Easy : 3 Hard

    2 Easy : 2 Hard

    1 Easy : 1 Hard

4 x 100

    1) 25 FL, 75 FR

    2) 25 FR, 25 FL, 50 FR

    3) 50 FR, 25 FL, 25 FR

    4) 75 FR, 25 FL

4 x 150

    2 x 100 BK, 50 BR

    2 X 50 BK, 100 BR

        Focus on turns

8 x 50 Kick @ 1

8 x (75 + 25 Hard) FR

300 Pull

Thursday October 31, 13

400 Mix

x2    50 FRa @ 55

    100 Stk @ 1:15

    50 FR @ 55

    100 IM @ 2

400 FR @ 8

4 x 100 Favourite @ 1:45

300 Kick @ 6

6 x 50 2nd Favourite @ 1:10

200 Pull @ 4

4 x 100 3rd Favourite @ 1:30

100 FR @ 1:50

6 x 50 Least Favourite @ 55

200 IM

200 Choice

Tuesday November 5, 13

500 Mix

x2    50 @ 45

    100 @ 1:30

    150 @ 2:15

    200 @ 3

    250 @ 3:45

    300 @ 4:30

    250 @ 3:45

    200 @ 3

    150 @ 2:15

    100@ 1:30

    50 @ 45

300 BK

    1 Kick : 1 Swim

300 IM

300 Pull

Thursday November 7, 13

400 FR

200 IM Drill

100 Choice

24 x 25 FR

    6 @ 45

    6 @ 40

    6 @ 35

    6 @ 30

200 BK @ 3:45

200 BK Kick @ 4:10

100 BK Drill

8 x 50 BK @ 1

8 x 25 BK @35

100 BK Pull @ 2:05

300 IM Kick @ 5:05

200 IM Pull @ 3:55

100 IM @ 2

8 x 25 FR @ 30

200 Mix

Tuesday November 12

300 Mix

x3    100 @ 20R

    75 @ 15R

    50 @ 10R

    25 @ 5R

8 x 150 @ 15R

    1) FR, FL, FR

    2) FR, BK, FR

    3) FR, BR, FR

    4) FL, BK, BR

x2    200 BR Pull @ 4:20

    200 BR Drill @ 3:45

    8 x 50 BR @ 1

200 FR Kick @ 4:10

200 FR Pull DPS @ 4

150 Mix

Thursday November 14

500 Choice

    100 Kick

    300 Pull

    100 Kick

3 x 600 @ 30R

    1) Pull, Build each 300

    2) Fins 100 Swim / 50 Kick

    3) Pull, Build each 300

6 x 50 Swim

    2 Fast @ 45

    1 Easy @ 1

6 x 200 @ 3

    Odds IM Drill / Swim

    Evens Pull

4 x 50 @ 55

Sunday, Nov 17, 2013

300 choice

12x 100: k/s, d/s, s

12x 50: 25 fly with fins+25 bk easy

4x 100 @ 1’45

4x50 @ 1’

4x25 dive in, walk back

4x100 fr easy

Wd: 100: 25 d #4, 25  easy s

100 easy s

Total: 3,400

Tuesday November 19, 13

x2    300 Choice

    200 Drill

    100 Kick

x3    300 Pull @ 4:30

    2 x 50 OK @ 1:10

150 w/ fins @ 1:45

50 Side Kick @ 1:10

150 w/ fins @ 1:45

50 Swim @ 1

150 w/ fins @ 1:45

50 Side Kick on other side @ 1:10

x3    4 x 25 OK @ 35

    2 x 100 IM @ 2:15

    200 Strong Pull @ 3

400 Cool Down

Thursday November 21, 13

500 Choice

500 Pull

500 Kick

6 x 50 @ 1:15

    1) Drill

    2) Build

    3) FAST

6 x 150 @ 2 Swim

    Descend 1-6

6 x 100 @ 2 Swim

    ALL FAST

200 Easy/Recovery

400 Pull 3 / 5 Breathing pattern by 50s

4 x 50 @ 1

200 Cool Down

Saturday, Nov. 23, 2013

200 choice

8 x 150: k/d/s   IM

200 Fr 3'/3'10/3'20… NS

8 x 50 1'/1'10/1'20… IM

200 Fr 3'/3'10/3'20… NS

6 x 50 #1 Des 1->3 & 4->6

200 Fr 3'/3'10/3'20… NS

4 x 50 1'/1'10/1'20… IM Strong

200 Fr 3'/3'10/3'20… NS

2x50 #1  1'30  all out

Wd:

4x   [25 da + 25 fr 3x3 + 25 fr 5x5 + 25 fr 7x7]

**Total: 3,600**

Sunday, Nov 24, 2013

400 s/k/d/s

8 x 50 w fins: 25 fly kick  ↓H2O + 25 DA bk @ 1'15

7 x 100: (50 k + 50 s); (50 s  + 50 k):

1&2 @ 2'10;

3&4 @ 1'45;

5&6 @ 2'10;

7 @ 1'45

100 easy

9 x 100 Fr @ 1'45/1'50/1'55…

1-3: 1st 25 strong

4-6: 2nd 50 strong

7-9: 4th 25 fly

9 x 100 @ 1'45/1'50/1'55…

1-2: Fr

3rd: #1 (or non-free, or IM) @ the same interval as fr

WD:

200 choice

**Total: 3,600**

Saturday, Nov 30, 2013

WU:

2 x 300:

1st:  every 3rd 25 kick w/o board

2nd: every 3rd 25 bk drill

Free, technical ~ 6 x 50

Main:

27 x 75:

|  |  |
| --- | --- |
| Easy @ 1.30 | Fast @ 1.15 |
| 1 | 1 |
| 1 | 2 |
| 2 | 3 |
| 3 | 4 |
| 2 | 3 |
| 1 | 2 |
| 1 | 1 |

WD:

200 choice

**Total: 3,125**

Sunday, Dec 1, 2013

W-U:

4 x 200: fr; fr/bk; fr/br; fr/ fly or IM

20” rest

300 fr d: G-3

Back technical ~ 4 x 50

8 x 50 @ 50"/55"/60"…

Des. 1 -> 4 bk

and 5 -> 8 Fr

6 x 200 @ 6' Best average

W-D:

200 choice

**Total: 3,100**

Saturday, Dec 07, 2013

200 choice

4 x [150 (k/d/s) + 50 s ]  IM, 20 sec rest

8 x 25 @ 40"/45"…

1st 25: 12.5m fast + 12.5m easy

2nd25: 12.5m easy + 12.5m fast

2 x 25 blast

6 x        150 fr

    100 IM

@ 2'/2'10"/2'15"/…  *ALL (150s and100s) on the same interval!*

W-D:

200 choice

Turns

**Total: ~ 2,900**

Sunday, Dec 08, 2013

W-U:

300:

50 Fr + 25 Fl

50 Fr + 25 Bk

50 Fr + 25 Br

50 Fr + 25 Fl

Kicks with fins:

6 x     100 Fr @ 1'45/1'50/…

50 Fl  @ 45"/50"/…  w/o  board

100 easy

400 Fr @ 6'/6'05"/…

8 x 50 Fr or #1 @ 1'/1'05/…

300 Fr @ 4'30"/4'35/…

6 x 50 Fr or #1 @ 1'10/1'15/…

200 Fr @ 3'/3'05"/…

4 x 50 Fr or #1 @ 1'20/1'25/…

100 Fr @ 1'30"/1'35/…

2 x 50 Fr or #1 @ 1'30/ 1'35"/…

W-D:

200 choice

**Total: ~3,500**

Saturday, Dec. 14, 2013

WU:

200 choice

100 drill #1

100 DPS #1  20s rest

200 IM

4 x :

100 Fr                         @ 1'40/ 1'50/ 2' …

50 kick w/o board    @ 1'00/ 1'10/ 1'20…

50 drill                        @ 1'00/ 1'10/ 1'20…

100 IM                        @ 1'40/ 1'50/ 2' …

18 x 100 :

    Free @ 1'40/1'50…            Non-Free

        6            4 Bk         @ 1'40/1'50…

        4            2 Br        @ 2'/ 2'10…

        2            1 Fl or IM      FAST

WD:

200 choice

**Total: ~ 3,800**

Sunday, Dec 15, 2013

W-U:

600: 100 Ch + 50 IM order

8 x 100:

1 Pull @ 1'50"

1 kick @ 2'00"

12 x 50:        25D + 25 DPS

6 Fr + 6 Ch

@ 1'00"/1'10"/1'20"

POWER/SPEED

24 x 25 @ 60"  with Paddles & Fins

6 Fr

6 Ch

6 Fr

6 #1

W-D:

Choice

Starts and turns

**Total: ~2,600**

Saturday, Jan. 4, 2014

WU:

400:   75 choice + 25 kick w/o board (body position)

7 x 100:

50k + 50s

50s + 50k

@ 1'50/ 2'00/ …

7 x 100:

2: 75 drill + 25 swim

2: 50 drill + 50 swim

2: 25 drill + 75 swim

1 swim

@ 1'50/ 2'00/ …

2 x 200 Fr   @ 3'/3'15/…

4 x 100 #1 or IM @ 1'45/1'50

8 x 50 Fr @ 50"/ 55"/…

16 x 25 #1 or IM order @ 40"

WD:

200 choice

**Total: ~ 3,600**

Sunday, Jan. 5, 2014

W-U:

300 choice

12 x 50: 1 drill / 1 swim @ 1'/1'10/…

MS:

36 x 50:

12 x 50: N.S. @ 50"/55"/1'/…

12 x 50: Des. 1→ 3 @ 55"/1'/…

12 x 50: 1 easy / 1 fast @ 1'/1'05"/…

WD:

100 Ez.

12 x 25 w fins @ 45":

1 Fl kick ↓ H2O

1 Fl full stroke

200 Ez

**Total: 3,300**

Tuesday January 7, 14

100 Kick

400 Pull

100 Kick

4 x 50 @ 1

    IM Order K-S

4 x 50 @ 55

    25 Right Arm

    25 Left Arm

4 x 50 @ 55

    25 Kick

    25 Shark

4 x 50 @ 50

    Build

x 3    50 @ 45

    100 @ 1:20

    150 @ 2

    200 @ 2:40

8 x 50 Pull @ 1:10

    FAST

20 x 25 @ 30

    4 Pull

    4 Streamline Dolphin Kick

200 Choice

**Total: 4600**

Thursday, January 9, 2014

WU:

    4 x 200 @ 20R

        1) Swim

        2) Pull

8 x 75 @ 1:15/1:25/1:35

    25 Non-FR

    25 FR

    25 FAST

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

    1) FAST

    2) Kick

    3) Drill

1 x 50 FLY @ 45/55/1:05

x5    50 Swim @ 45/55/1:05

        FAST

    50 Kick @ 1/1:10/1:20

        FAST

    250 Pull @ 30R

        Easy

4 x 100 @ 1:20/1:30/1:40

    Pull → Descend 1-4

4 x 100 @ 1:20/1:30/1:40

    Swim → Descend 1-4

WD:

    200 Choice

**Total: 4600**

Sunday, Jan. 12, 2014

W-U:

200 choice

Free and Back technical instruction

4 x 50

Kick set:

2 x:

100 IM         @ 2'/2'10"/…

75: Fl + Bk + Br     @ 1'30"/1'40"/…

50: Fl + Bk         @ 1'/1'10"/…

25 Fl              @ 30"

MS:

4 x:

|  |  |
| --- | --- |
| 100 IM  75: Bk + Br + Fr  50: Br + Fr  25 Fr | 10-20 s rest |
| 25 #1  50 #1  75 #1  100 #1 | 20-30 s rest |

WD:

choice

**Total: 2,900**

Tuesday, January 14, 2014

WU:

    3 x 250

        200 Choice

        50 Kick

20 x 50 @ 55/1:05/1:15

    Descend 1-5

12 x 25 @ 30/40/50 IM Order

5 x 200 Pull @ 3/3:10/3:20

    Breathe 3/7 by 50’s

8 x 75 @ 1:10/1:20/1:30

    25 IM Order

    50 FR

2 x 300 Swim

    50 FAST

    50 Easy

WD:

    200 Choice

**Total: 4500**

Thursday, January 16, 2014

WU:

    400 Choice

    300 Pull

    200 IM

    100 Kick

x6    2 x 50 Kick-Drill @ 55/1:05/1:15

    100 IM @ 1:40/1:50/2

2 x 400 Pull @ 5:20/5:30/5:40

    Neg. Split

200 Kick w/ board

    50 Dolphin

    50 Whip

10 x 25 w/ fins @ 40/50/1

    25 Underwater Kick

    25 FAST

200 Swim w/ fins

6 x 75 @ 1:05/1:15/1:25

    25 Non-FR

    50 FR

WD:

    300 Choice

**Total: 4400**

Sunday, Jan. 19, 2014

WU:

3 x 200 (choice of 3 str):

50 ch + 50 kick without board + 50 drill + 50 swim

(12 or) 16 x 50 kick with fins @ 1'/ 1'05"/ 1'10"/…  des every 1 → 4

Main:

(2 or) 3 x [12 x 50 @ 1’]:

|  |  |
| --- | --- |
| Easy @ 1' | Strong @ 1' |
| 3 | 1 |
| 2 | 2 |
| 1 | 3 |

    +

4 x 50 Fast @ 1'

WD:

300 pull Breathing 5x5

**Total: up to 3,700**

Tuesday, January 21, 2014

WU:

    500 Swim

    200 Kick

    100 Drill

6 x 50 Kick @ 1:15/1:25/1:35

6 x 50 Drill @ 1:05/1:15/1:25

6 x 50 Swim @ 55/1:05/1:15

500 Pull @ 30R

    250 FAST

    250 Smooth

5 x 100 w/ fins @ 1:30/1:40/1:50

    50 FAST

    50 Smooth

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

    25 Tarzan

    25 Tap-Tap

3 x 100 IM @ 1:45/1:55/2:05

4 x Suicides @ 20R

    25 FAST

    25 Easy

    50 Fast

    50 Easy

        \*No rest in-between for suicides

WD:

    300 Choice

**Total: 4000**

Thursday, January 23, 2014

WU:

    500

        200 Swim

        50 Kick

6 x 50 @ 10R

    Sprints

200 Pull @ 15R

    Build by 50’s

3 x 300 Pull @ 4:45/4:55/5:05

    Strong!

100 Recovery

4 x 150 @ 15R

    50 Kick

    50 Drill

    50 Swim

5 x 100 @ 2

    50 FAST

    50 Easy

100 Recovery

3 x 100 Kick @ 1:50/2/2:10

    50 FAST

    50 Easy

2 x 300 @ 15R

    50 FR

    50 Non-FR

WD:

    200 Choice

**Total: 4300**

Saturday, Jan. 25, 2014

WU:

3 x 300:

1st: choice, every 3rd 25m kick  w/o board

2nd: Free, every 3rd 25m drill

3rd: Back, every 3rd 25m fly

16' kick, fast on signal

8 turns from the middle (2 of each stroke)

Main:

3 x 300  NS  @ 4'30"/4'40"/…

3 x 200 Des 1→3 @ 3'00/ 3'10"/…

3 x 100 Strong @ 1'45/ 1'50/…

4 x 50 All out @ 1'30

WD:

choice

**Total:  ~ 3,700 +**

Sunday, Jan. 26, 2014

WU:

200 choice

    600 Choice

    400 Pull

5 x 50 Catch-Up @ 1/1:10/1:20

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

    Neg. Split

x2    400 Pull @ 15R

        3 / 5 Breathing by 50’s

    4 x 100 Swim @ 1:40/1:50/2

    2 x 150 @ 2:50/3/3:10

        50 Kick

        100 Swim

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

    25 FR

    25 BK

WD:

    300 Choice

**Total: 4200**

Saturday, Feb. 8, 2014

WU:

800 choice with every 3rd 50 fly kick on back

16 x 50: 1 drill + 1 swim; 4 of each stroke

MS:

Option 1:

4 x

100 free: 75 easy + 25 strong @ 1'50"/2'00"/…

2 x 50 NS @ 1'10"/1'20"/…

100 free easy @ 2'30"

2 x 50 very strong @ 1'30"/1’40”/...

Option 2:

7 x 300 Des 1 → 4 and 5 → 7 @ 5'00"/5'10"/…

16 x 50 pull @ 1'10”/1’20”/...

WD:  choice

**Total:   4,000 - 4,500 +**

Sunday, Feb. 9, 2014

WU:

500 swim

400 pull

300 IM:

25 kick

25 drill

25 swim

200 kick

100 drill

MS:

8 x 25 @ 30"/35"/…

1 fast, 1 easy

6 x 50 @ 1'00/1'10"/…

100 pull easy

5 x 50 @ 50"/55"/…

100 pull easy

4 x 50 @ 45"/50"/…

100 pull easy

300 swim

8 x 75 @ 1'10"/1'20"/...

25 dead start fast

50 easy

8 x 75 @ 1'15"/1'20"/…

25 kick fast

50 swim

WD:

200 choice

Total:   4,450

Tuesday February 11, 2014

WU:

    x6    100 Swim

        100 Kick

        100 Drill

6 x 50 @ 1/1:10/1:20 w/ fins

    25 Underwater

    25 Kick

4 x 75 Swim @ 1:10/1:20/1:30

    25 FAST

    50 Strong

3 x 100 Swim @ 1:30/1:40/1:50

    50 FAST

    50 Easy

x2    200 @ 3/3:10/3:20

    150 @ 2:15/2:25/2:35

    100 @ 1:30/1:40/1:50

    50 @ 45/55/1:05

        All Neg. Split Pull

8 x 75 Swim @ 1:20/1:30/1:40

    FAST

4 x 150 @ 2:10/2:20/2:30

    100 Pull

    50 Swim

400 Swim

    25 Easy

    25 FAST

WD:

200 Cool Down

**Total: 5500**

Thursday, February 13, 2014

WU:

    600 Choice

    400 Pull

x4    2 x 200 @ 2:40/2:50/3

        1 FAST, 1 Easy

    3 x 100 @ 1:20/1:30/1:40

        2 FAST, 1 Easy

    4 x 50 @ 45/55/1:05

        3 FAST, 1 Easy

    100 BK Easy

        Odds: Pull

        Evens: Fins

WD:

    200 Choice

**Total: 5200**

Saturday, Feb. 15, 2014

WU:

20 min.: 100 s + 50 kick w/o board + 100 drill

6 x 100 @ 2'00"/2'10"/…

1: 50 kick + 50 swim

2: 50 swim + 50 kick

3: 100 DPS

MS:

3 x

300 @ 5'00"/5'10"/… :

50 smooth + 50 strong

200 @ 4'00"/4'10/…:

100 smooth + 100 strong

100 @ 3'00"/3'10"/…

All out

3) Free/Breast by 25s

4) Free/Fly by 25s

5) IM Kick

6) IM Swim

30 x 25 Kick        OR         24 x 25 kick

    1-1                        1-1

    2-2                    ez    2-2    fast

ez    3-3       fast                    3-3

    4-4                    twice through

    5-5

Fast @ 30/35/40/45/50/55 - ez @ fast +10

WD:

8 x 50: 25 DAB + 25 choice

**Total:   ~ 3,800**

Sunday, Feb. 16, 2014

WU:

3 x 300 : 100 choice + 100 free + 100 IM

24 x 50 (6 of each stroke):

1 drill @ 1'05"/…

1 d/s  @ 1'05"/…

2 kick: 1 slow, 1 fast @ 1'10"/…

2 swim: 1 DPS, 1 strong @ 1'05"/…

MS:

Option #1:

8 x 25 Free @ 45" hypoxic

4 x 25 free @ 45" 1 easy, 1 strong

100 easy

8 x 25 fly w fins @ 45" hypoxic

4 x 25 fly with fins @ 45 1 easy, 1 strong

100 easy

8 x 25 #1 @ 45" hypoxic

4 x 25 #1 @ 45” 1 easy, 1 strong

100 easy

Option #2:

100 free

200 free

300 free

400 free

500 free

progressively stronger with 15 s rest after each

WD:

choice

**Total:   ~ 3,300 - 3,600 +**

Tuesday, February 18, 2014

WU:

   500 Choice

8x75 @ 1:20/1:30/1:40

   Kick/Drill/Swim by 25’s

8x50 @ 1/1:10/1:20

   Sprints

4x300 Swim @ 5:30 /5:40/5:50

   Descend 1-4

4x300 Pull @ 5:30/5:40/5:50

   Descend 1-4

WD:

   300 Cool Down (50 Back/50 Choice)

**Total: 4200**

Thursday, February 20, 2014

WU:

   300 Swim

   300 Pull

   100 Kick

   100 Drill

8x50 @10 R

1-4: Descend Stroke Count

5-8: Build

500 Pull @ 10 R, 100 Swim FAST @ 45 R

400 Pull @10 R, 200 Swim FAST@ 45 R

300 Pull @ 10 R, 300 Swim FAST @ 45 R

200 Pull @ 10 R, 400 Swim FAST @ 45 R

100 Pull @ 10 R, 500 Swim FAST @ 45 R

WD:

   200 Cool Down

**Total: 4400**

Saturday, Feb. 22, 2014

WU:

400 swim, 30s rest + 2 x 50 kick @ 1'15"

300 swim, 30s rest + 4 x 50 kick @ 1'20"

200 swim, 30s rest + 6 x 50 kick @ 1'25"

100 swim, 30s rest + 8 x 50 kick @ 1'25"

Main Set OPTION #1:

12 x 200 @ 3'15" or 10 x 200 @ 3'30" or 8 x 200 @ 3'45"

1st: 175 free + 25 #1

2nd: 125 free + 75 #1

3rd: 100 free + 100 #1

4th: 25 free + 175 #1

Rounds 1 and 3: free strong; rounds 2 and 4: #1 strong

Main Set OPTION #2:

|  |  |
| --- | --- |
| 3 x (1st free/ 2nd #1/ 3rd choice):  2 x 25  1 x 50  1 x 25  1 x 75  2 x 50  1 x 75  1 x 25  1 x 50  2 x 25 | 25s are sprint  50s are easy  75s are build  20s rest between each component |

WD:

300

**Total:   ~ 3,800 - 4,700**

Tuesday, February 25, 2014

WU:

    300 Swim

    300 Pull

    300 IM

8 x 25 Kick @ 45/55/1:05

8 x 25 IM Order @ 35/45/55

8 x 25 @ 30/40/50

    Descend 1-4

    Descend 5-8

7 x 100 Swim w/ fins & paddles

    Neg. Split

500 Pull

3 / 5 Breathing Pattern by 100’s

300 IM

    75/ Stroke

3 x 200 @ 3/3:10/3:20

    50 Kick

    50 Non-FR

    100 @ 90%

8 x 50 @ 50/1/1:10

    25 Non-FR

    25 BR

WD:

    300 Cool Down

**Total: 4300**

Thursday, February 27, 2014

WU:

    500 Choice

8 x 150 @ 2:45/2:55/3:05

    50 Kick

    100 Swim

4 x 300 Pull @ 4:30/4:40/4:50

    Descend 1-4

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

    25 Non-FR Drill

    25 FR Sprint

9 x 100 @ 1:45/1:55/2:05

    2 IM Fast : 1 Easy FR

WD:

    200 Cool Down

**Total: 4400**

4 x 150 kds IM

24 x 25 IM @ 35"/40"/…

1 of each/ 2 of each/ 3 of each

100 easy

Main:

26 x 75:

|  |  |
| --- | --- |
| Fast @ 1'/1'05"/…  ~ 5s rest | Easy@ 1'30"/1'35"/…  ~ 15-20s rest |
| 1 | 1 |
| 2 | 1 |
| 3 | 2 |
| 4 | 2 |
| 3 | 2 |
| 2 | 1 |
| 1 | 1 |

WD:

200 easy

**Total:  3,650**

Tuesday, January 28, 2014

WU:

    600

        200 Pull

        100 Kick

300 Pull @ 4/4:10/4:20

    Breathe 3/5/7

5 x 100 Swim @ 1:25/1:35/1:45

    Descend 1-5

5 x 100 Pull @ 1:20/1:30/1:40

    Descend 1-5

8 x 75 @ 1:15/1:25/1:35

    25 IM Order

    50 FR

100 Recovery

20 x 50 Swim            FAST @ 40/50/1    Easy @ 50/1/1:10

    1 FAST, 1 Easy

    2 FAST, 1 Easy

    3 FAST, 1 Easy

    4 FAST, 1 Easy

    5 FAST, 1 Easy

50 Easy Recovery

20 x 25 @ 30/40/50

    Odds FAST Non-FR

    Evens Easy Choice

WD:

    400 Choice

**Total: 4500**

Thursday, January 30, 2014

WU:

    300 Swim

    200 Pull

    100 Kick

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

    Build by 50’s

8 x 100 Pull @ 1:40/1:50/2

    Descend 1-4

    Descend 5-8

6 x 50 @ 55/1:05/1:15

    1 FAST : 1 Easy

500 Swim w/ fins

    100 FAST

    400 @ 80%

100 Recovery

    \*NO FINS\*

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

    4 Kick

    4 Pull

    2 Sprint

8 x 50 @ 1:15/1:25/1:35

    Dead Start

    25 Sprint

    25 Easy

4 x 100 w/ fins @ 1:50/2/2:10

WD:

    200 Choice

**Total: 4100**

Saturday, Feb. 1, 2014

WU:

4 x :

150 {50 ch + 50 Drill + 50 DPS} *4  in reverse IM orde*r

4 x 25 IM

Technical free with August

2 x 50 recovery drill (1 holding a pull buoy in one hand, 1 without)

2 x 50 entry drill (1 holding a pull buoy in one hand, 1 glide to 3)

100 {25 tech + 25 build + 25 tech + 25 build}

MS:

4 x 200 @ 3'10/3'20/… 3rd 50 max and keep the pace for the last 50

8 x 100 @ 1'45/1'50/… 3rd 25 max and keep the pace for the last 25

WD:

300 choice, every 3rd 25 DAB

**Total:   3,200**

Sunday, Feb. 2, 2014

WU:

200 choice

3 {fr, bk, br} X  :

150 drill

50 swim

With flippers @ 1'00”/1’10”/…:

4 x :

3 x 50 kick choice Des. 1 →  3

1 x 50 kick fly on bk

MS:

100 fr eazy @ 2'00'"/2'10"/…

2 x 100 IM @ 2'00"/2'10"/…

3 x 100 #1 @ 2'00"/ 2'10"/…    Des (1 → 3): start medium-strong, 2nd: strong, 3rd: very strong

100 fr easy @ 2'00"/2'10"/….

2 x 100 IM @ 2'00"/2'10"/…

6 x 50 # 1 @ 1'15"/1'25"/… Des (1 → 3)(4 → 6): start medium-strong, 2nd: strong, 3rd: very strong

100 fr easy @ 2'00"/2'10"/….

2 x 100 IM @ 2'00"/2'10"/…

12 x 25 # 1 @ 45"/50"/… Des (1 → 3)(4 → 6)(7 → 9)(10 → 12): start medium-strong, 2nd: strong, 3rd: very strong

WD:

200 choice

**Total:   3,600**

Tuesday February 4, 2014

WU:

    600

        200 Pull

        100 Shark

4 x 100 @ 1:30/1:40/1:50

    50 Kick

    50 Swim

400 IM

    Kick-Drill-Swim-FR

4 x 50 @ 50/1/1:10

    Finger Drag

200 Recovery

4 x 50 @ 55/1:05/1:15

    1-Arm

400 Pull

    200 Easy

    200 Strong

4 x 50 IM @ 1/1:10/1:20

    25 Drill

    25 Swim

600

    200 Pull

    200 IM

    200 Pull

x4    2 x 50 Kick @ 1/1:10/1:20

    2 x 100 Swim @ 1:30/1:40/1:50

4 x 75 Sprint @ 1:30/1:40/1:50

WD: 200 Choice

**Total: 4900**

Thursday February 6, 2014

WU:

Saturday, Mar. 1, 2014

WU:

4 x

100 IM in reverse order (Fr, Br, Bk, Fl)

2 x 50 drill     IM order

1 x 50 swim

20s rest

6 x :

50 Br pull with fly kick

50: 25 Fly pull with flutter kick + 25 choice

15s rest

MS:

5 x

150 IM no fly @ 2'30"/2'40"/…

100 #1 Strong @ 2'00/2'10"/…

50 #1 all out @ 1'30"

WD:

100 choice

**Total:   3,200**

Sunday, Mar. 2, 2014

WU:

300 choice

4 x

25 kick without board

75 drill

50 swim

20s rest

12 x  50:

1st 50: 15m fast + the rest easy

2nd 50: Ez + 15m fast + easy

3rd 50: Easy + 15m fast

    repeat 4 times

4 x 25 from the blocks

MS:

8 x 200 @ 3'10"/ 3'20"/… (aim for 10s rest)

1st 200: 50 choice + 50 #1 + 50 choice + 50 #1

2nd 200: 50 choice + 100 #1 + 50 choice

3rd 200: 100 choice + 100 #1

4th 200: all #1

Repeat

WD:

200 choice

**Total:   3,400**

Tuesday, March 4, 2014

**WU:**

500 Choice

        200 Swim

        50 Kick

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

6 x 50 IM Switch @ 50/1/1:10

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

    25 FAST NO BREATHING

    25 Easy

14 x 100

    1 @ 1:15/1:25/1:35, 1 @ 1:30/1:40/1:50

    2 @ 1:15/1:25/1:35, 1 @ 1:30/1:40/1:50

    3 @ 1:15/1:25/1:35, 1 @ 1:30/1:40/1:50

    4 @ 1:15/1:25/1:35, 1 @ 1:30/1:40/1:50

4 x 300

    200 Pull @ 2:40/2:50/3

    100 IM @ 1:40/1:50/2

16 x 25 @ 30/40/50

    2 Non-FR

    2 FR Drill

**Total: 4400**

Thursday, March 6, 2014

**WU:**

500 Choice

        200 Swim

        50 Kick

5 x 200 Pull @ 3/3:10/3:20

    Descend 1-5

4 x 50 Kick @ 1:15/1:25/1:35

6 x 150 Pull @ 2:30/2:40/2:50

    50 Easy, 50 Medium, 50 FAST

4 x 50 Catch-Up @ 1/1:10/1:20

8 x 100 Swim @ 1:40/1:50/2

    Descend 1-4

    Descend 5-8

4 x 50 Swim @ 1/1:10/1:20

    Focus on Turns

**WD:**

200 Cool Down

**Total: 4000**

Saturday, Mar. 8, 2014

WU:

400 choice with every 3rd 50 kick

12 x 50: 1 drill, 1 DPS @ 1'/1'10"/…

12 x 50 kick: 1 Easy, 1 Fast @ 1'10"/1'20"/…

MS:

4 x

300 free @ 4'30"/4'40"/…

3 x 50 #1, Des. 1 → 3  (from medium-strong to all out) @ 1'/1'10"/…

WD:

400 choice

**Total:   3,800**

Sunday, Mar. 9, 2014

WU:

200 choice

300 kick/drill/swim

4 x 50 swim @ 50"/55"/…

4 x 25 fly kick H2O

20 x 50 @ 1'/1'10"/…

1st: kick

2nd: kick/swim

3rd: swim/kick

4th: kick

Dec 1 → 4

MS:

3 x

100 drill with 20s rest

3 x 25 FAST @ 45"

50 easy @ 1'15"

75 FAST @ 2'

50 easy @ 1'15"

1 x 25 ALL OUT @ 1'

1 x 25 easy @ 1'

WD:

100 choice

Starts

**Total:   3,100**

Tuesday, March 11, 14

**WU:**

200 Swim

    200 Kick

    200 Pull

    200 IM

    200 Drill

    200 Swim

11 x 50 @ 55/1:05/1:15

    Odds: 25 Fast, 25 Easy

    Evens: 25 Non-Free, 25 FR

10 x 25 @ 30/40/50

    Dolphin Kick

9 x 50 @ 1:05/1:15/1:25

    4/3/2/ Breaths by 50’s

8 x 25 @ 30/40/50

    Sprints

7 x 100 Pull @ 1:25/1:35/1:45

    Descend 1-4

    Descend 1-3

6 x 75 @ 1:20/1:30/1:40

    FL/BK/BR by 25’s

5 x 50 Swim @ 55/1:05/1:15

4 x 100 w/ fins @ 1:20/1:30/1:40

    50 Kick

    50 Swim

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

    Underwater Kick AFAP, then swim

2 x 150 @ 15R

    50 Whip Kick

    100 Swim

WD:

    1 x 100 Cool Down

**Total: 5000**Thursday, March 13, 14

WU:

    500

        200 Swim

        50 Kick

    6 x 50 Drill @ 10R

3 x 200 @ 3/3:10/3:20

    Easy/Moderate/Fast

6 x 150 @ 2:40/2:50/3

    50 FAST

    100 Smooth

9 x 100 IM

    3 Kick @ 2:15/2:25/2:35

    3 Drill @ 2/2:10/2:20

    3 Swim @ 1:50/2/2:10

12 x 50 @ 55/1:05/1:15

    w/ fins

    Descend 1-6

    Descend 7-12

WD:

    200 Cool Down

Saturday, Mar. 15, 2014

WU:

4 x 200:

1st: choice

2nd: back - 50 kick +100 drill + 50swim

3rd: breast - 50 kick +100 drill + 50swim

4th: free - 50 kick +100 drill + 50swim

4 x

200 IM kick: 25 easy + 25 fast

4 x 50 IM

15s rest

100 easy

MS:

7 x 100 BEST AVERAGE @ 3'00

WD:

100 easy

**Total:   3,300**

Sunday, Mar. 16, 2014

WU:

200 choice

400 drill/swim #1

600 kick/drill/swim Mixed strokes

MS:

Option 1: **12 x 100**:

|  |  |  |  |
| --- | --- | --- | --- |
| 3 @ | 1'30" | 1’35” | 1’40” |
| 2 @ | 1'25" | 1’30” | 1’35” |
| 1 @ | 1'20" | 1’25” | 1’30” |
| 1 @ | 1'30" | 1’35” | 1’40” |
| 2 @ | 1'25" | 1’30” | 1’35” |
| 3 @ | 1'20" | 1’25” | 1’30” |

Option 2: **12 x 150**:

|  |  |  |  |
| --- | --- | --- | --- |
| 3 @ | 2'10" | 2’15” | 2’20” |
| 2 @ | 2'05" | 2’10” | 2’15” |
| 1 @ | 2'00" | 2’05” | 2’10” |
| 1 @ | 2'10" | 2’15” | 2’20” |
| 2 @ | 2'05" | 2’10” | 2’15” |
| 3 @ | 2'00" | 2’05” | 2’10” |

100 easy

12 x 25 @ 45":

1 easy choice

1 fast kick

1 easy choice

1 fast swim

WD:

100 easy

Turns, Starts

**Total:   up to 3,500**

Tuesday, March 18, 2014

WU:

    500 Swim

    400 Pull

    300 IM

    200 Kick

    100 Drill

10 x 25 @ 30/40/50

    First 10 strokes FAST

10 x 25 @ 25/35/45

    Paddles

500 Pull @ 45R

    3/5/7 Breathing by 50’s

x2    5 x 50 @ 1

        25 FAST

        25 Easy

    300 Pull @ 30R

        3/5/7 Breathing by 50’s

4 x 75 @ 1:15/1:25/1:35

    25 K

    25 D

    25 S

WD:

    200 Choice

**Total: 4100**

Thursday, March 20, 14

WU:

3 x 300 Choice @ 10R

    1) Swim

    2) Pull

    3) Kick

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

    Neg. Split

x 2    100 @ 1:15/1:25/1:35

        FAST

    200 @ 2:50/3/3:10

        Smooth

    2 x 50 @ 40/50/1

        FAST

    200 @ 2:50/3/3:10

        Smooth

    100 @ 1:15/1:25/1:35

        FAST

    300 Pull Recovery @ 45R

400 IM

WD:

    300

        50 Kick

        100 Swim

**Total: 4300**

Saturday, March 22, 2014

WU:

    600 Snake Warmup

        (Kick every 4th length)

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

    1) 25 FAST, 25 Easy

    2) 25 Easy, 25 FAST

    3) All Easy

x3    50 Sprint @ 45/55/1:05

        50 Recovery @ 1/1:10/1:20

    100 Sprint @ 1:25/1:35/1:45

        50 Recovery @ 1/1:10/1:20

    150 Sprint @ 2:10/2:20/2:30

        200 Easy Pull @ 4/4:10/4:20

6 x 150 @ 2:30

    IM-FR by 25s

WD:

    200 Swim

**Total: 4200**

Sunday, March 23, 2014

WU:

    600 Choice

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

    25 Kick

    25 Build

2 x 400 Pull @ 5:45/5:55/6:05

    Negative Split

4 x 50 @ 45/55/1:05

    Strong Effort

2 x 300 Swim @ 5/5:10/5:20

    Focus on Turns

4 x 100 @ 1:20/1:30/1:40

    Strong Effort

2 x 200 @ 3/3:10/3:20

    Descend by 50s

4 x 150 @ 2:20/2:30/2:40

    100 FAST

    50 Recovery

WD:

    200 Swim

**Total: 4600**

Tuesday, March 25, 2014

WU:

    x2    100 Swim

        100 Kick

        100 Drill

50 x 50 @ 50/1/1:10

WD:

    x3    100 Kick

        100 Pull

        100 Swim

**Total: 3000**

Thursday, March 27, 2014

WU:

    200 Swim

    200 Kick

    200 Drill

    200 Pull

4 Suicides @ 20R

    25 FAST

    25 Easy

    50 FAST

    50 Easy    \*No stopping during 150

x4    200 Pull @ 3:15/3:25/3:35

        Smooth

    100 Pull @ 1:30/1:40/1:50

        FAST

4 x 100 Strong Effort

    5 sec rest after each 100

400 IM

    K-D-S-FR by 50

        (50 Fly Kick, 50 BK Drill, 50 BR Swim, 50 FR x 2)

4 x 100 Strong Effort

    5 sec rest after each 100

WD:

    200 Swim

**Total: 4200**

Tuesday, April 1, 2014

WU:

    500 Choice

8 x 75 @ 1:20/1:30/1:40

    K-D-S BY 25’s

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

4 x 300 Swim @ 5:30/5:40/5:50

    Descend 1-4

4 x 300 Pull @ 5:30/5:40/5:50

    Descend 1-4

WD:

    300 Cool Down

        50 BK

        50 Swim

**Total: 4200**

Thursday, April 3, 2014

WU:

    x2    200 Swim

        100 Kick

4 x 300 @ 4:30/4:40/4:50

    100 FR

    100 IM

    100 FR

6 x 200 Pull @ 2:50/3/3:10

    Descend 1-3

    Descend 4-6

6 x 150 @ 2:30/2:40/2:50

    50 Kick

    100 Swim

WD:

    300 Cool Down

        50 Non-FR

        100 FR

**Total: 4200**

Saturday, April 5, 2014

WU:

    600 Choice

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

    25 Kick

    25 Build

2 x 400 Pull @ 5:45/5:55/6:05

    Negative Split

4 x 50 @ 45/55/1:05

    Strong Effort

2 x 300 Swim @ 5/5:10/5:20

    Focus on Turns

4 x 100 @ 1:20/1:30/1:40

    Strong Effort

2 x 200 @ 3/3:10/3:20

    Descend by 50s

4 x 150 @ 2:20/2:30/2:40

    100 FAST

    50 Recovery

WD:

    200 Swim

**Total: 4600**

Tuesday, April 8, 2014

WU:

    600 Mix

        100 FR

        40 Non-FR

14 x 50    FAST @40/50/1    Easy @ 50/1/1:10

    1 FAST, 1 Easy

    2 FAST, 1 Easy

    3 FAST, 1 Easy

    4 FAST, 1 Easy

6  x 125 @ 2:30/2:40/2:50

    50 FAST

    75 Smooth

6 x 50 @ 55/1:05/1:15

    Catch Up

6 x 50 @ 50/1/1:10

    Shark

9 x 100 Swim

    2 FAST @ 1:20/1:30/1:40 : 1 Easy @ 1:45/1:55/2:05

WD:

    400 Mix

        50 Kick

        50 BK

        100 Swim

**Total:** **4100**

Thursday, April 10, 14

WU:

    600 MIx

        50 Kick

        50 Pull

        100 Swim

18 x 50 @ 50/1/1:10

    Choice

    Descend 1-3

4 x 100 @ 1:30/1:40/1:50

3 x 200 @ 3:00/3:10/3:20

2 x 300 @ 4:30/4:40/4:50

1 x 400 @ 5:30/5:40/5:50

2 x 300 Pullj

    Breathing 3/5/7 by 50’s

WD:

    100 Easy

**Total: 4200**

Tuesday, April 15, 14

WU:

    4 x 200

        1) FR

        2) FR-BK

        3) FR-BR

        4) IM

16 x 50 @ 15R

    3 Drill : 1 Stroke

x 4    10 x 25 @ 45/1/1:15            1) FR

        1 Easy                    2) Kick

        3 Build                3) Pull

        1 Strong                4) Swim

    5 x 50 FR Build @ 50/1/1:10

    100 Recovery

8 x 25 Sprints @ 30/45/1

WD:

    200 Cool Down

**Total: 4400**

Thursday, April 17, 14

WU:

    x2    100 Swim

        100 Kick

        100 Drill

        100 Pull

8 x 50 @ 1/1:15/1:30

    25 Kick

    25 Build

2 x 400 Pull @ 5:45/6/6:15

    Neg. Split

4 x 50 @ 45/1/1:15

    Sprint

2 x 300 @ 5/5:15/5:30

    Focus on Turns

4 x 100 @ 1:20/1:30/1:40

    90% Effort

2 x 200 @ 3/3:15/3:30

    Descend 1-4 by 50’s

4 x 150 @ 2:30/2:45/3

    100 Sprint

    50 Recovery

WD:

    200 Cool Down

**Total: 4400**

Saturday, Apr. 19, 2014

WU:

400 mix

12x50 k/d, d/s with 20s rest

8 x50 with fins Fly or Fly kick

MS Option #1

1 x 50 @ 2' All out

2 x 100 @ 4' All out

4 x 200 @ 3'15"/3'20"/… NS

2 x 100 @ 4' All out

1 x 50 @ 2' All out

MS Option #2

2 x 50 @ 50"/55"/1'…

3 x 100 @ 1'40'/1'50…

4 x 200 @ 3'15"/3'20"/…

3 x 100 @ 1'40'/1'50…

2 x 50 @ 50"/55"/1'…

WD

200 Choice

turns

**Total:   up to 3,200**

Tuesday, April 22, 14

WU:

    400 Mix

    300 IM

        K-D-S

    200 Kick

    4 x 25 Swim

        Descend 1-4

x6    100 FR @ 1:30/1:45/2

    50 Non-FR @ 50/1/1:10

    50 FR @ 50/1/1:10

    100 IM @ 1:40/1:50/2

        30 Second Rest

200 Recovery (Do immediately after 6 times!)

20 x 50 @ 1/1:15/1:30

    1 FAST : 1 Easy

WD:

    300 Cool Down

**Total: 4300**

**Thursday, May 7, 2014 (LC)**

600 warm up (every 4th length kick on back)

4/5/6/or 7 x 200 pull or swim (desc 1- 4 or 5 or 6 or 7)

* pick fastest 200 time you could make and then add 30 seconds for starting pace time (25 for 6x, 20 for 5x, and 15 for 4x) then the pace times desc by 5seconds each time
* eg (fastest pull pace is 3:00, begin at 3:30/ 3:25/ 3:20/ 3:15/ 3:10/ 3:05/ 3:00)

**Sprint**

4 x (100 build 1:45/ 2:00/2:15

        2 x 50 pace + 3 sec 1:15/ 1:30

        100 easy 2:00/ 2:15/ 2:30)

6-8 x dive 15s/ 25s/50s

Saturday, Apr. 26, 2014

WU:

400 mix choice

2x

75 IM drill no fly

3 x 25 IM swim no fly

150 kick

6 x 25 kick: 1F, 1 E

MS:

2x

200 @ 3'/3'05"/3'10…

4 x 50 @ 50"/55"/1'… Dec 1->4

100 @ 1'40"/1'45"/1'50"…

8 x 25 @ 1'     1 Fast, 1 Easy

WD:

200 Choice

**Total:   2,900**

Sunday, Apr. 27, 2014

WU:

300 mix choice

9 x 100 with 20s rest:

1st 15m fast + 15m around the 2nd turn fast + last 15m fast

18 x 50 @ 1'/1'10"/:

1 fly+back

2 br

2 fly+back

4 breast

3 fly+back

6 breast

MS:

5 x 300 descending interval, (-10s) for each subsequent 300:

1st: 4'40"/4'50"/5'/…

2nd: 4'30"/4'40"/4'50"/…

3rd: 4'20"/4'30"/4'40"/…,

4th: 4'10"/4'20"/4'30"/…,

5th: 4'00”/4'10"/4'20"/…

WD:

200 Choice

**Total:   3,800**

**Tuesday, April 28, 2014  
  
3 x 300 15 seconds rest  
    1) choice swim**

**2) Kick every 3rd 25 fast  
    3) Pull br 3-5-3-7 by 25  
  
12 x 50 on 1:00/1:10/1:20/1:30  
    3- IM changes  
    3- SCAT (stroke count and time)  
  
Main  
5 x ( 200 free NS - mod interval 3:00/ 3:15/3:30/3:45/4:00  
         4x50 choice pace (200 time/ 4 + 2 seconds = goal time) )  
  
8 x 75 kick (fins optional) 1:20/ 1:30/ 1:40  
    O:25 F/ 50 Easy  
    E:50 F/ 25 easy  
  
300 WD (25 DAB/ 25 scull/ 25 swim)  
  
Total: 4,400**

**Thursday, May 1, 2014**

5 x 200 Swim/ Kick pattern on 3:45 OR 4:00  
16 X 50 ON 1:00/ 1:10/1:20/ 1:30 (Drill/ DPS/25 F/easy)

Main

1 x 400 NS        6:00/ 6:40/ 7:20/8:00

2 x 300 build      4:30/ 5:00/ 5:30/ 6:00

3 x 200 NS        3:00/ 3:20/ 3:40/ 4:00

4 x 100 desc 1-4 1:30/ 1:40/ 1:50/ 2:00

* mix in stroke or IM
* add pull or kick
* add fins/ paddles at any time
* 30 seconds rest after each section of 400/600

300 WD (DAB/scull/ swim br 5/ swim easy choice by 25)

Total 4,100m

Saturday, May 2, 2014 - LC

2 x 400 (75 free/ 25 back)

    one with fins

    work underwater off walls

8 x 100

    k        2:00/ 2:10/2:20

K/S        1:45/ 1:55/ 2:05

    S/K        1:45/ 1:55/ 2:05

    swim         1:30/ 1:40/ 1:50

Main

3x (100 eaasy swim/ pull or kick on 3 minutes

        6 x 50 B.A. (best average) or desc 1-3 on 1:15/ 1:30)

4 x 200 pull

    O: 25F/ 75 easy

    E: breath 3-5-3-7

~3, 600m

Tuesday, May 6, 2014 - SC

300 swim 15 sec rest - 4 x 50 kick (1ez/1 fast) on 1:00/1:10/1:20/1:30

200 swim 15 rest + 6 x 50 kick (2 ez/1 fast) on “      “

100 swim 15 rest + 8x 50 kick (3ez/ 1 fast) on “        “

CHOOSE SPRINT OR DISTANCE- or mix and match as you wish

**Sprint Workout (3,100-3,300)**

16 x 25 on 40 (4 x drill/ DPS/ 15m breakout/ 25 FAST)

600-800M (mix and match between the distances to equal 600-800)

Broken 200 (50+ 10sec rest/ 100 + 20 sec rest/ 50)

Broken 100 (25 + 10sec rest/ 50 + 20 sec rest/ 25)

Broken 50 (15 breakout + 10 rest/ 20m turn +10 rest/ 15 meter finish)

4 x 150 (50K or Pull + 100 easy swim) on 20 sec rest

**Distance Workout (4,200-4,500)**

1800

2 x 25 FAST    40/ 50/ 1:00

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

100 mod    1:25/ 1:30/ 1:40/ 1:50/ 2:00

200 build    2:50/ 3:00/ 3:20/ 3:40/ 4:00

300 NS    4:25/ 4:30/ 5:00/ 5:30/ 6:00

400 pace    5:50/ 6:00/ 6:40/ 7:20/ 8:00

300 NS        same pace times

200 build            as above

100 mod

50 easy

2 x 25 FAST

900- 1200

6 x 150-200 pull on 20 sec rest (50 fast or non free + 100 or 150 easy breath 5)

Thursday, May 8, 2014

600 Warm up (every 4th length Kick on back(

Saturday, May 10, 2014

**WU:**

200 mix choice

400 drill/swim #1 stroke

600 pull (those going to Nationals next week do only 300):

75 free, breathing 3/5/7

25 back

75 build

25 breast

**Main Set #1** (for those going to Nationals next week):

12 x 100 @ 1'30"/1'40"/1'50"/…

Dec 1 -> 3

1-3 Free, 4-6 #1 stroke, 7-9 Free, 10-12 #1 stroke

**Main Set #2** (for everybody else):

12 x 150 @ 2'00/2'15"/2'30"/…

Dec 1 -> 3

10 x 50:

25 drill + 25 swim focus on stroke

25 FAST + 25 DAB

20s rest

**WD:**

200 choice

**Total:   2,800 - 3,700**

**Sunday, May 11, 2014**

**WU:**

200 mix choice

8 x 50 @ 50"/1'/1'10"/…

4 x 100 @ 1'50"/2'/2'10"/…

1. 50 kick + 50 swim
2. 50 swim + 50 kick

3 x 200:

25 kick + 25 drill + 25 swim + 25 choice +

50 strong + 25 easy + 25 fast

1' rest

    100 easy

**MS:**

3 x 200 (broken):

50 @ 50"/1'/1'10/…

100 @ 1'40"/1'50"/2'/…

50

1'30 rest

100 easy

3 x 200 (broken):

50 @ 55"/1'05"/1'15"/…

4 x 25 @ 40"

25 easy @ 40

25 fast

1'30 rest

**WD:**

200 choice

**Total:  3,200**

Saturday, May 17, 2014

**WU:**

200 mix choice

200 catch up drill free

100 swim

8 turns

12 x 50:

1-4: first 15m FAST

5-8: middle 15m FAST

9-12: last 15m fast

**MS:**

2 x:

6 x 50 @ 50"/1'/1'10"/…

4 x 75 @ 1'30"/1'40"/1'50"/…

3 x 100 @ 2'/2'10/2'20"/…

1st time descending

2nd time build

**WD:**

choice

**Total:   ~ 3,000**

Sunday, May 18, 2014

WU:

5 x 300:

1st: choice

2nd:  Free: 200 drill + 100 swim

3rd: 100 kick + 100 pull +100 swim, choice of stroke

4th: Back: 200 drill + 100 swim

5th: 3 x 100 descend 1 -> 3, 20s rest

24 x 25 IM order @ 30"/40"/50"/…

1 of each / 2 of each / 3 of each

MS:

12 x 100 @ 1'50/ 2'00"/2'10"/…

|  |  |
| --- | --- |
| Easy | Fast |
| 3 | 1 |
| 2 | 2 |
| 1 | 3 |

100 easy

Dive 25s

WD:

choice

**Total:   ~ 3,500**

Saturday, June 07, 2014

WU:

300 choice

12 x 25:

1st: Fly kick under water

2nd: DAB

3rd: 1st stroke DPS

20 s rest

9 x 100 @ 1'50"/2'00"/2'10"/…

1st: KS

2nd: SK

MS:

400 choice, NS @ 6'00"/6'10"/6'20"/…

4 x 100 #1 stroke dec 1 -> 4 Free @ 1'45" Back @ 1'50"  Br @ 1'55"

400 choice, NS 6'00"/6'10"/6'20"/…

4 x 100 #1 stroke dec 1 -> 4 Free @ 1'45" Back @ 1'50"  Br @ 1'55"

WD:

200 choice

**Total:   ~ 3,300**

Saturday, June 14, 2014

WU:

4 x 300:

1st: choice

2nd: 200 drill + 100 swim Free

3rd: 200 drill + 100 swim #1 stroke

4th: 6 x 50 : 3 free + 3 #1 stroke with 20s rest

2 x 50 kick: 1 flutter, 1 fly

2 x 100 kick: 1 flutter, 1 fly

2 x 150 kick: 1 flutter, 1 fly

100 easy

MS:

4 x 50 @ 45"/ 55" / 1'05"…

4 x 100 @ 1'30"/1'40"/1'50…

4 x 150 @ 2'20"/2'30"/2'40"…

4 x 100 @ 1'30"/1'40"/1'50…

4 x 50 @ 45"/ 55" / 1'05"…

WD:

choice

**Total:   ~ 3,700**

Sunday, June 15, 2014

WU:

300 choice, every 3rd 25 Fly kick on back

4 x:

100 drill + 50 swim

3 x100 IM Dec. 1->3

4 x :

2 x 50 drill

2 x 25 DPS

MS:

    pick a column for intervals, 50s and 100s are on the same interval

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50s (easy) | 100s | @ | @ | @ | @ |
| 4 | 4 | 1'30" | 1'35" | 1'40" | 1'45" |
| 3 | 3 | 1'25" | 1'30" | 1'35" | 1'40" |
| 2 | 2 | 1'20" | 1'25" | 1'30" | 1'35" |
| 1 | 1 | 1'15" | 1'20" | 1'25" | 1'30" |

2 x

50 easy

2 x 25 dive sprints

WD:

choice

**Total:   ~ 3,500**

Thursday, August 28, 2014

WU:

500

200 Swim/50 Kick

300 Pull

3/5/3 breathing pattern by 100

200 Kick

50 Easy/50 FAST

3x300 Swim @ 4:20/4:45/5

Build to FAST

50 @ 30R

Easy/Recovery kick

4x200 Pull @ 2:50/3/3:15

Build to FAST!

50 @30R

Easy/Recovery kick

5x100 Swim @ 1:25/1:45/2

Build to FAST!

50 @30R

Easy/Recovery kick

8x50 Pull @ 45/1/1:15

All strong effort

50 @30R

Easy/Recovery kick

WD:

300 cool down

50 Non-FR/100 FR

**Total: 4100**

Thursday, July 31, 2014

300 swim mix

200 pull

200 kick

12 x 50 on 1:00 1:10/ 1;20/ 1:30

    1) drill

    2) strong pace

Main

2 x

4 x 150

    option 1: 50 fast/ 100 easy

    option 2: desc 1-4

2:30/ 2;45/ 3:00/ 3;30

200 recovery

4 x 200 pull or kick with fins 3:00/ 3:15/ 3;30/ 4:00/ 4:30

WORLDS

    Meet Warm Up

        Suggestion for Warm up

            600 mix

            200 kick

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

                1) drill 2) build 3) easy DPS 4) 25 fast/ 25 easy

            Choose 25s or 100s based on race distance (25s= 50s and 100/ 100s=200s +)

            8 x 25 on 40

                1) 15 m breakout

                2) 25 m fast (focus on finish)

            4 x 100 pace ( take lots of rest, hit race pace, eg) 200 time/ 2 +1-3sec = goal pace)

            6 x 100 broken

                15 M dive break out (rest)

                easy to 10 m from wall - 20 m fast turn (rest)

                easy to 15 m from starting wall- fast 15 m finish

WD

Tuesday, July 29, 2014

    4 x 300 on 20 sec rest

        1) swim choice

        2) IM or non-free

        3) kick with fins

        4) pull

    8 x 100 free (3 on fast interval/ 1 easy)

        fast: 1:25/ 1:30/ 1:40/1:50/2:00

        easy: 1:55/ 2:00/ 2:05/2:10/2:15

    40 x 25 on 35. 40/ 45

        2 x through (1 swim/ 1 choice (kick/pull/swim))

            easy        fast

            1        1

            1        2

            1        3

            1        4

            1        5

    WD

Sunday, July 27, 2014

WU:

300 choice

300 k/d/s

8 x 50 swim @ 50"/55"/1'/…

4 x 25

3 x

100 free 15s rest

50 drill 15s rest

50 swim 15s rest

100 IM 15s rest

MS:

3 x

100 drill 15s rest

3 x 25 @ 45"

50 easy 15s rest

75 main stroke @ 1'30"

50 easy 15s rest

25 dive sprint

25 easy

**Total:   ~ 3,200**

Saturday, July 26, 2014

WU:

400 choice

8 x 50 choice of stroke @ 50"/1'00/1'10"/…

4 x 100 s/k, k/s @ 1'50"/2'00"/2'10"/…

    400 swim: 25 strong + 25 easy

MS

4 x

50 main stroke FORM @ 50"/1'00/1'10" (15s rest)

150 free @ 2'30"/2'40"/2'50" (30s rest)

100 main stroke FAST @ 2'00/2'10"/… (40s rest)

100 easy

4 x 15m dive sprints

Turns

**Total:   ~ 3,000**

Saturday, July 19, 2014

WU:

400 choice with every 3rd 50 drill 3rd or 4th stroke

12 x 50:

1 Drill/1 DPS, 6 choice + 6 main stroke

15s rest

6 x 100 kick: 75 choice + 25 main stroke kick fast

20s rest

100 easy

MS:

4 x 200 Dec 1 -> 4 @ 3'/3'10/3'20/3'30/…

4 x 100 NS @ 1'45"/1'50"/2'00"/…

4 x 50 FAST @ 1'00"/1'10"/1'20"/…

4 x 25 Dive in or push off, walk back, timed

WD:

3 x

50 DAB + 25 free x5 breathing + 25 choice

**Total:   3,500**

Sunday, July 12, 2014

WU:

300 choice

3 x: 1st - free, 2nd - main stroke; 3rd - choice stroke

50 Free

3 x 50 Drill

100 swim DPS

16 x 50 w or w/o fins @ 1’/1’05”/1’10”

    4 free + 4 fly on back + 8 main stroke kick

    Desc. 1 -> 4

MS:

    10 x 50 @ 50”

    200 IM FAST @ 3’30”/3’45”/4’

    8 x 50 @ 55”

    200 Free FAST @ 3’30”/3’45”/4’

    4 x 50 @ 1’

    200 main stroke FASTEST @ 3’30”/3’45”/4’

WD:

    2 (or more) x:

25 DAB

        75 Free w 3/5/7 breathing

**Total:   ~ 3,900**

Saturday, July 12, 2014

WU:

300 choice

200 fly kick on back

6 x 50 choice swim Des. 1->3 and 4->6with 20s rest

4 x:

    25 kick

    50 drill

    75 swim build

MS:

    3 x:

          10 x 25 free: 1 Ez|1 Build|1 Fast: 1st round @30”; 2nd rd @ 35”; 3rd rd @ 40”

           50 Ez @ 1’30”

           6 x 50 main stroke: : 1st round @1’; 2nd rd @ 1’10”; 3rd rd @ 1’20”

           50 Ez @ 2’

WD: choice

**Total:   ~ 3,400**

Tuesday, July 8, 2014

2 x 300 mix +2 sec rest

      6 x 50 1:00/ 1:10/ 1:20/ 1:30

        r1= IM changes

        r2= MS

Main

400 easy            20 seconds rest

4 x 100 on tight interval    1:25/ 1:30/ 1:35/ 1:40/1:45/1:50/2:00/ 2:10/2:20/2:30/2:45

300 easy

3 x 100 tight interval        SAME

200 easy

2 x 100 tight interval        SAME

100 easy

1 x 100 tight interval        SAME

16 x 25 with fins 35/40/ 45/ 1:00

    1) under water kick

    2) easy choice

    3) fast kick

    4) easy choice sw

WD

Sunday, July 6 , 2014

600 (100 swim/ 100 pull/ 100 kick)

8 x 75 (4 free/ 4 MS) 15 sec rest

    1) drill 2) build 3) easy (focus on form) 4) strong

2 x (6 x 100 1:45/ 2:00/ 2:15/ 2:30/ 2:45/ 3:00

    1) 50 pace/ 50 easy

    2) 75 pace/ 25 easy

    3) 100 pace

    200 choice recovery)

\*\*pace in this set is about 80% of 100 sprint effort

3 x 150 30 rest

    Pull (50 non-free/ 100 free 3-5-3-7)

Saturday, July 5, 2014

200 Mix

10 x 100

    K    2:00/ 2:15/ 2:30/ 2:45/ 3:00/ 3:30/ 4:00

    K/S       “1:45/2:00/2:15/ 2:30/2:45…”

    S/K    “                   “

    Drill    1:40/ 1:55/ 2:10/ 2:25/ 2:35

    swim    1:35/ 1:50/ 2:05/ 2:15/ 2:25

16 x 50 Alt. Free and MS

2x through

    4 on        4 on

    1:00        55

    1:10        1:05

    1:15        1:10

    1:20        1:15

    1:30        1:25

    1:40        1:35

Main

Choose

3 x (100 easy + 4 x 50 Best average on 15 sec rest)

OR

4 x broken 200 on 5:00

    50 +10 sec rest/ 100 +15 rest/ 50

    subtract 15 seconds for time \*(goal within 5 seconds of personal best)

WD

Thursday, July 3, 2014

200 swim + 8 x 50 pull “1:00/ 1:10/ 1:20/1:30”

200 swim + 6 x 50 1 free/ 1 non-free “        “

200 swim + 4 x 50 kick 1:10/ 1:20/ 1:30/ 1:45/ 2:00

200 swim + 2 x 50 25 F/ 25 easy 1:00/ 1:10/ 1:20/1:30

4 x (200 pull (br 3-5-3-7) 15 rest

    100 kick desc 1-4 by round on 2:00/2:15/2:30/2:45/3:00/3:30/4:00)

12 x 50 MS or Free on 1:00/ 1:10/ 1:20/ 1:30/ 1:45

    1) drill 2) build 3) easy 4) fast

4 x 100 WD (25 scull/ 25 DAB/ 50 choice)

Sunday, June 29, 2014

600 mix stroke (100 swim. 50 kick) (300 with fins)

Main  
400 free swim or pull

2 x 200 (1 IM or non free/ 1 free) 3:15/ 3:30/ 3:45/ 4:00

4 x 100 (50 fast/ 50 easy) 1:45/ 2:00/ 2:15/ 2:30

8 x 50 (alt. free and non-free) 1:00/ 1:10/ 1:20

16 x 25 3 easy/ 1 fast 40/ 50/ 1:00

2 x 300

    1- pull breath 3-5-7 by 100

    2- kick with fins

WD

Saturday, June 28, 2014

WU:

200 mix

600: 2 x (100 kick + 100 drill + 100 swim)

20 x 50 @ 1'00"/1'10"/1'20"/…

1st: easy

2nd: build

3rd: easy

4th: fast

MS:

8 x 150 with 20s ret:

1st: first 50 fast + 100 easy

2nd: 50 build + 50 fast + 50 easy

3rd: 100 build + 50 fast

4th: easy or drill

WD:

4-8 x 100 (25 drill + 25 DPS + 25 build +25 easy) @ 1'40"/1'50"/2'00"/…

**Total:   ~ 3,800**

Thursday, June 26, 2014 (LC)

400 SKPD

Prep-set

4 x (100 swim or drill

    4 x 50 1- 15m Fast

        2- 25m fast

        3- 35 m fast

        4- easy)

round one: kick

round two: pull

round three: swim

200 easy

Main  
20 x 100

|  |  |  |  |
| --- | --- | --- | --- |
| 8 on (easy) | 6 on (70% effort) | 4 on (normal pace, 80% effort) | 2 on (challenge, high HR, 95%) |
| 1:45 | 1:40 | 1:35 | 1:30 |
| 1:55 | 1:50 | 1:45 | 1:40 |
| 2:05 | 2:00 | 1:55 | 1:50 |

\*\* descend pace times by 5 seconds (choose your times based on third column (“4 on”) - this should be your normal pace that you would choose to do 100s freestyle on)

400 kick with fins

WD

Tuesday, June 24, 2014

3 x 400

 1- swim

2- 100 pull/ 100 swim

3-  50 kick/ 50 swim

12 x 50 on 1:00/ 1:10/ 1:20

    3- IM changes

    3- choice desc 1-3

2 times through (12 total)

Main

2 x

(200 choice easy

4 x 100 (25 fast Main stroke/ 75 easy)

4 x 50 desc (“r1= main stroke. r2= choice”)

4 x 25 FAST (“                          “))  
  
WD

Thursday, June 19, 2014 (LC)

    300 Mix

    20 x 50 on 1:00/ 1:10/ 1:20

        easy/ drill        25 F/ 25 Easy

             4                1

             3                2

             2                3

     1                4

    100 easy

*Choose Sprint or Distance*

    Sprint

        2 x ( 300 drill with paddles and fins + 30 seconds rest

               4 x 100 1) 15m breakout    1:45/ 2:00/ 2:15

                     2) 20m fast turn

                3) 15 m fast finish

                4) all fast)

Distance

    5x 300 on 5:30/ 6:00/ 6:30

        1-3-5: pull or swim descend 1-3

        2 and 4: IM (75 each) or 50 non-free/ 50 free

Everyone does

    2-4 x (100 kick - 15 sec rest

2 x 50 pull - 1:00/ 1:15

100 swim - 15 sec rest)

    WD

Tuesday, June 17, 2014

    5x 200- 20 seconds rest

        1) swim with fins

        2) pull

        3) swim with fins

        4) kick

        5) swim with fins

    24 x 25

        IM- 35/ 40/ 45 (3 fly, 3 bk, 3 br, 3 free...2 each, 1 each)

        OR

        2 easy/ 1 fast

    16 x 75

        on 1:20/ 1:30/ 1:40/ 2:00 (add 10-20 seconds for the drill if needed)

        4 rounds ( 75 drill

                 25 fast/ 50 easy

                 50 fast/ 25 easy

                 75 easy)

    8 x 100 on 15 sec rest  alt. Odds: 50 kick/ 50 swim

                                 evens: 50 swim/ 50 pull

100-200 WD