

2013-2014 SEASON

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

Sunday, 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

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.

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/even 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

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

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

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

2nd 25: 12.5m easy + 12.5m fast

2 x 25 blast

6 x 150 fr

100 IM

@ 2'/2'10"/2'15"/... *ALL (150s and 100s) 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	25s are sprint
1 x 25	50s are easy
1 x 75	75s are build
2 x 50	
1 x 75	20s rest between each component
1 x 25	
1 x 50	
2 x 25	

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 order

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 easy @ 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"
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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

WORLD5

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->6 with 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 rest:

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- 50 kick/ 50 swim

2 times through (12 total)

4 x 25 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