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Sunday, August 16, 2015

WU:

800 IM:

4 x [50 kick + 100 Drill + 50 Swim]

MS:

2 x

50 @ 200 RP with 20" rest

50 easy @ 1'30"

2 x 50 @ 200 RP with 20" rest

50 easy @ 1'30"

4 x 50 @ 200 RP with 20" rest

10 x 150 @ 1500 RP with 15-20" rest

WD:

200 choice

Total: 3,400

Saturday, August 15, 2015

WU:

300 choice

12 x 50 w fins

1. 25 fly kick under + 25 easy free
2. drill + swim

MS:

300 smooth

8 x 50 strong @ 55"/1'/1'05"/..

300 smooth

4 x 100 strong @ 1'40"/1'50"/2'00"/...

300 smooth

2 x 200 strong @ 3'15"/3'20"/3'30"/...

300 smooth

400 ALL OUT

WD:

(if anything's left) 200 choice

Total: 3,900

Sunday, August 2, 2015

WU:

300 choice

2x:

4 x 25 kick

2 x 50 swim

2 x 50 drill

100 swim, smooth

8 x 50:

1. first 15m fast

2. middle 15m fast

3. last 15m fast

MS:

2x:

50

100

150

200

150

100

50

maintain the same pace on all intervals,

15s rest

second round should be at a faster pace than the first

WD:

200 choice

Total: 3,300

Saturday, August 1, 2015

WU:

300 choice

8 x 50:

25 skull +25 fists

50 swim

12 x 50:

1 fly, 1 IM order

MS:

300 smooth
4 x 50 @ 200 RP
2 x 150 NS
4 x 50 @ 200 RP
4 x 75 Des. 1->4
4 x 50 @ 200 RP
300 strong (optional)

WD:

200 choice

Total: 3,300

Sunday, July 19, 2015

WU:

300 free
400 back: 4 x (75 G-3 drill + 25 swim)
300 breast: 4 x (50 pull with flatter kick + 25 swim)
200 fly: 4 x (25 pull with flatter kick + 25 swim)

4 x kick with or without fins:

3 x 50 des. 1-3

1 x 50 fly kick alternating on back and on stomach by 50

MS:

18 x 100 with 20s rest
3 NS / 3 build

WD:

200 choice

Total: 3,800

Saturday, July 18, 2015

WU:

300 choice with every 3rd 25 BR kick
4 x :
2 x 50 drill
1 x 50 build swim
12 x 25 turns, from the middle of the pool
3 of each stroke, 1 easy/1med/1strong

MS option 1:

300 med. w 20s rest
3 x 100 strong, 20s rest
300 med., 20s rest
6 x 50 strong, 20s rest
300 med, 20s rest
12 x 25 strong @ 40"

MS option 2:

6 x 50 med., @ 50"
300 strong @ 4'30"
6 x 75 med., @ 1'15"
300 strong @ 4'30"
6 x 100 med. @ 1'40"
300 strong

WD:

100 choice

Total: 3,100 - 3,550

Sunday, July 12, 2015

WU:

300 choice with every 3rd 25 fly kick on back
300 G-3 drill or stroke #1 drill
12 x 25 with fins:
1) fly kick under water
2) fly swim
12 x 50:
1) first 15m fast
2) middle 15m fast
3) last 15m fast

MS:

Option 1
4X100
8 x 50 @ 200 PR
4 x 100
16 x 25
Option 2
400 @ 800 or 1500 RP
8 x 50 @ 200 PR

400 @ 800 or 1500 RP
8 x 50 @ 200 PR

WD:

200 choice

Total: 3,300

Saturday, July 11, 2015

WU:

300 choice with every 3rd 25 kick on a side

400 IM:

75 drill + 25 swim

300 free: 3 - 5 - 7 breathing

4 x 25 IM strong on 45"

MS:

3 x 200: 100 kick + 100 swim, rest 15"

100 easy on 2'

3 x 200: 100 kick + 100 swim, rest 15"

100 easy on 2'

3 x 200: 100 kick + 100 swim, rest 15"

100 easy on 2'

WD:

300 choice

Total: 3,500

Sunday, June 07, 2015

WU:

800: 200 swim + 100kick + 200 pull + 100kick + 200 swim

6 x 75 : 1 free + 1 IM

6 x 50 kick, Des. 1->3, 4-6 should be faster than 1-3

MS:

8 x 200 with fins:

1. 50 drill + 50 swim
2. build each 50
3. NS, with >4s difference between 1st and 2nd 100s
4. descending #4 relative to #8

4 x 100 pull:

1. 25 fast + 75 easy
2. 25 easy + 25 fast + 50 easy
3. 50 easy + 25 fast + 25 easy
4. 75 easy + 25 fast

WD:

300 mix of easy swim, drill, DAB, DD

Total: 3,850

Saturday, June 06, 2015

WU:

800: choice with every 4th 50 kick

16 x 50:

1. easy
2. easy/fast
3. fast/easy
4. fast

MS:

4 x 300 pull:

1. 75 easy + 25 fast
2. 50 easy + 50 fast
3. 25 easy + 75 fast
4. fast

10 x 100:

1. easy
2. 50 drill + 50 swim
3. -> 5) - descending

WD:

200 easy

Total: 4,000

Sunday, May 31, 2015

WU:

200 pull

100 kick

200 swim

100 kick
200 pull
6 x 50:
1. 20m overkick + 30 easy
2. 20m high stroke rate + 30 easy
3. 20m fast + 30m easy

MS:

15 x 100:
2 strong effort with up to 10s rest (e.g., @ 1:45)
1 recovery swim

5 x 200 pull:
1. easy 2) medium 3) fast 4) medium 5) easy

WD:

8 x 75:
25 skull + 25 BK + 25 FR

Total: 4,200

Saturday, May 30, 2015

WU:

600 swim with every 3rd 25 kick
8 x 25:
4. 15m fast +10m easy
5. build to fast
400 kick: 50 free + 50 non-free

MS:

2 x
(25 fast + 15s rest + 100 easy) @ 4'
(50 fast + 15s rest + 75 easy) @ 4'
(75 fast + 15s rest + 50 easy) @ 4'
(100 fast + 15s rest + 25 easy) @ 4'
8 x 50 at med-high pace, pick an interval that you can maintain with no more 5-10s rest

WD:

6 x 100: 50 FR + 50 BK, 10s rest
6 x 50: 25 BR + 25 FR, 10s rest
6 x 25: DAB, DD, 10s rest

Total: 3,650

Saturday, May 16, 2015

WU:

600: 4 x (100 choice + 50 drill any stroke but #1)
300 drill #1

MS option #1:

150 swim tech.
6 x 75 Desc 1->3 and 4->6

200 drill
100 swim tech
6 x 50 NS

150 swim technical
2 x
75 technical
6 x 25 at 100 race pace

MS option #2

2x
300 swim tech
6 x 100 race pace with 15-20s rest

WD:

200 choice

Total: 2,900

Sunday, Apr. 26, 2015

WU:

2 x 400:
1. choice + free by 100s
2. choice + IM by 100s
24 x 50 (4 times through):
2 kick - 1 easy, 1 fast @ 1'05"/1'10"/1'15"/...
2 drill - 1 drill, 1 DPS swim @ 1'/1'05"/1'10"/...
2 swim descending 1->2 @ 55"/1'/1'05"/...

MS:

Option #1 (sprint)
4 x 25 - no breathing @ 45"/50"/55"/...
8 x 25 - 1 easy + 1 fast @ 45"/50"/55"/...

100 easy
4 x 25 no breathing @ 45"/50"/55"/...
8 x 25 - 1 easy + 1 fast @ 45"/50"/55"/...
100 easy
4 x 25 - no breathing @ 45"/50"/55"/...
8 x 25 all out @ 45"/50"/55"/...
100 easy

Option #2 (endurance):

100
200
300
400
500

progressively faster, with 15-20s rest

WD:

200 choice

Total: 3,400

Saturday, Apr. 25, 2015

WU:

300 choice with every 3rd 25 kick without board
6 x 50 drill stroke #1
4 x 50 swim descending 1->4
4 x 50 drill choice
2 x 50 swim choice

MS:

Option #1 (1,200):

4 x 100 negative split
4 x 50 descending 1 ->4
4 x 100 negative split
4 x 50 fast
all with 20s rest

Option #2 (1,800):

4 x 150 negative split
4 x 75 descending 1->4
4 x 150 negative split
4 x 75 Fast
all with 20s rest

Dive 25s and 50s

WD:

200 choice

Total: 2,500 - 3,100 +

Sunday, Apr. 19, 2015

WU:

200 mix/choice

300: 2 x (50 kick; 50 drill, 50 swim)

4 x 50 descending 1 → 4

4 x 25: 2 x (25 fly kick ↓H₂O + easy; 15 fast + easy)

4 x :

50 kick

50: 25 kick+25 swim

50: 25 swim + 25 kick

50 swim

MS: Option #1 (prep for nationals)

3 x

100 drill @ 2'

75 fast @ 1'30"

50 easy @ 2'

3 x 25 at 100 RP @ 40"

50 easy @ 2'

25 fast @ 40"

25 easy @ 40"

Option #2 (prep for triathlon)

3x with 15s rest

50

100

150

200

WD:

200 choice

Total: 3,000 - 3,300

Saturday, Apr. 18, 2015

WU:

300 mix/choice

400: 50 drill + 50 swim

12 turns: 1 easy, 1 med, 1 race speed

24 x 25: 6 times through

1 kick, easy

1 kick fast

1 drill, easy

1 swim, fast

MS: Option 1 (prep for nationals)

9 x 100 @ 1'40"/1'50"/2'/...

4 technical

3 NS

2 fast

9 x 50 @ 50"/55"/1'/...

4 technical

3 NS

2 fast

9 x 50 @ 50"/55"/1'/...

4 at 200 race pace

3 at 100 race pace

2 all out

Option 2 (prep for triathlon)

15 x 100 @ 1'40"/1'50"/2'/...

4 technical

3 NS

2 fast

3 technical

2 NS

1 fast

WD:

100 easy

Total: 3,200 - 3,500

Sunday, Apr. 12, 2015

WU:

500 choice

400 pull

300 IM K/D/S

200 kick

100 swim

MS:

9 x 50 @ 45"/50"/...

1 fast | 1 easy

2 fast | 1 easy

3 fast | 1 easy

150 recovery

300 swim with 50 kick after each 100

9 x 100:

1 fast | 1 easy

2 fast | 1 easy

3 fast | 1 easy

fast @ 1'40"/1'50"/...

easy @ 2'10"/2'20"/...

200 recovery

400 pull:

200 easy | 200 fast

WD:

200 choice

Total: 4,100

Saturday, Apr. 11, 2015

WU:

400 choice

300 pull

200 IM

100 kick

MS:

3x

2 x 200 @ 2'40"/3'/... 1 fast, 1 easy

3 x 100 @ 1'30/1'40"/... 2 fast, 1 easy

4 x 50 @ 45"/50"/... 3 fast, 1 easy

100 recovery

WD:

200 choice

Total: 4,200

Saturday, Apr. 3, 2015

WU:

4 x 300 - 75 SKDS reverse IM

5 x 200 - kick (1 easy 1 hard)

MS:

16 x 100:

1 easy | 1 strong

1 easy | 2 strong

1 easy | 3 strong

1 easy | 4 strong

1 easy | 1 very strong

WD:

400- 50 double arm back 50 drill

Total: 4,200

Sunday, Mar. 29, 2015

WU:

400 choice

4 x 100: k/s; s/k by 50

400: 25 fast, 25 smooth

MS:

3 x 200:

25k + 25d + 25s + 50 smooth + 50 fast + 25 easy

100 easy

3 x 200:

50 smooth + 100 strong + 50 smooth

100 easy

3 x 200:

50 (@200 RP), 4 x25 sprint, 25 easy, 25 sprint. All with 15-20s rest

WD:

200 choice

Total: 3,400

Sunday, Mar. 22, 2015

WU:

400 choice
2 x (1st round IM, 2nd round #1)
75 drill
3 x 25 swim, des. 1-3
150 kick
6 x 25 kick: 1 fast, 1 easy

MS:

2 x
200 med-high
4 x 50 des
100 med-high
8 x 25: 1 fast, 1 easy
100 easy
Dive 25s

Total: 2,900

Saturday, Mar. 21, 2015

WU:

200 choice
300 drill stroke #1
6 x 100:
3 IM Des. 1-3
3 #1, Des. 1-3
8 turns from the middle
8 x 50:
15m fast + 35m easy
15m + 15m fast (turn) + 20m easy
35m easy + 15m fast

MS:

4 x 200 broken: 100 (close to 100 split of 200 race pace)+ [20s rest] + 50 (at 200 RP) + [20s rest] + 50 (at 200 RP)
6 x 100 broken: 50 (close to 50 split of 100 RP) + [15s rest] + 25 (at 100 RP) + 25 (at 100 RP)

WD:

200 choice

Total: 3,300

Sunday, Mar. 15, 2015

WU:

2 x
200 choice
100 pull
50 kick

8 x 50: 1 swim, 1 drill

MS:

200 pull, 20-30s rest
8 x 100 @ 1'30"/1'35"/1'40"/... (pick an interval that allows for 10s rest)
20-30s rest
200 pull, 20-30s rest
6 x 100 @ the same interval as above, but 100s are swum 2s faster
20-30s rest
200 pull, 20-30s rest
4 x 100 @ the same interval, but 100s are swum 2s faster than the 6 x100 above
20-30s rest
200 pull, 20-30s rest
2 x 100 @ the same interval, but 100s are swum 2s faster than the 4 x100 above

WD:

200 choice
Dives

Total: 4,100

Sunday, Mar. 01, 2015

WU:

4 x
100 choice
4 x 25 IM drill
100 kick or pull

6x
4 x 25 IM swim @ 30"/35"/40"/...
100 free @ 1'40"/1'50"/2'00"/...

MS:

2 x (20 x 25) @40"/45"/50"/...

1st set at 200 race pace (goal 200 race time / 8)

2nd set at 100 race pace (goal 100 race time / 4)

Easy at Race Pace

1	1
1	2
1	3
1	4
1	5

WD:

200 choice

Starts

Total: 3,600

Saturday, Feb. 28, 2015

Warm Up:

300 choice

400 main stroke drill

200 second stroke drill

20 x 50 either kick (fins) or pull (paddles):

1 easy + 3 descending 1→3

Main Set:

400 negative split 15s rest

2 x 300 steady effort 20s rest

3 x 200 des 1→3 20s rest

4 x 100 best average 30s rest

Warm Down:

8 x 50:

1) Back

2) Fly kick

Total: 4,300

Sunday, Feb. 22, 2015

WU:

6 x 200:

- 1st: choice
- 2nd: kick/swim/swim/kick by 50m
- 3rd: drill IM
- 4th: swim IM
- 5th: drill main stroke
- 6th: swim main stroke

12 x 50 kick:

Easy @ 1'15"/1'20"/...	Fast @ 1'1'05"/...
1	2
1	3
1	4

MS:

12 x 150 or 12 x 100

Easy	Fast	Interval
1	2	2'/2'10"/2'20"/... aim for ~15s rest after a fast 150
1	3	(+10s) 2'10"/2'20"/2'30"/... aim for ~25s rest after a fast 150
1	4	(+10s) 2'10"/2'20"/2'30"/... aim for ~30-40s rest after a fast 150

WD:

Turns (8 x 25 from the middle of the pool)

Total: 3,800

Saturday, Feb. 21, 2015

WU:

300 mix

12 x 50:

- 1st: kick without board
- 2nd: DPS
- 3rd: Drill
- 4th: technical

8 turns

MS:

all Negative Split with 20s rest

50

100

150

200

250

300

250

200

150

100

50

WD:

10 x 25:

1st: DAB

2nd: fly kick ↓H₂O

Total: 3,150

Saturday, Feb. 14, 2015

WU:

300 mix

8 x 75 (4 freestyle + 4 backstroke):

1st: Glide to 3 drill, focus on relaxation

2nd: Glide to 3 drill, focus on recovery

3rd: Glide to 3 drill, focus on pull

4th: Full stroke, keep the form, beautiful stroke, put smile on August's face

8 turns from the middle of the pool

MS:

4 x 200 descending 1->4, 20s rest

4 x 100 negative split, 20s rest

4 x 50 fast, 20s rest

4 x 25 all out on 45"

WD:

200 choice

Total: 2,800

Sunday, Feb. 1, 2015

WU:

300 mix

20 x 75:

4 drill + 1 swim Fly

3 drill + 2 swim Back

2 drill + 3 swim Breast

1 drill + 4 swim Free

MS:

20 x 75 with 20s rest:

4 easy + 1 Fast

3 easy + 2 fast

2 easy + 3 fast

1 easy + 4 fast

WD:

200 choice

Starts

Total: 3,500

Saturday, Jan 31, 2015

WU:

300 choice with every 3rd 25 flutter kick

12 x 25:

1st - fly kick, underwater for as long as possible

2nd - double arm back (DAB)

3rd - #1 stroke DPS

9 x 100 - Back, Breast, Free; 20s rest

1st - Kick + swim

2nd - Swim + kick

MS:

200 technical, medium pace

4 x 50 @ 200 race pace with 15-20s rest

200 technical

6 x 50 @ 200 race pace with 15-20s rest

200 technical

8 x 50 @ 200 race pace with 15-20s rest

WD:

200 choice

Total: 3,200

Thursday, January 29, 2015

Warm Up:

500 choice warm up

20x50 @ 40/1

1 FAST/ 1 Easy

2 FAST/ 1 Easy

3 FAST/ 1 Easy

4 Fast/ 1 Easy

5 Fast/ 1 Easy

5x200 pull @ 3

3/5/7/9 breathing pattern by 50

5x150 @ 2:30

50 kick on back/50 backstroke/50 free

5x100 @ 1:30

25 FAST/50 smooth/25 FAST

8x50 @ 50

IM order

200 cool down

Total: 4000

Tuesday, January 27, 2015

Warm Up:

200 swim

200 pull

200 kick

200 swim

400 IM @ 30R

Kick/drill/stroke/free by 25

2 x 100 Non FR Swim @ 1:15

400 IM @ 30R

Kick/drill/50 FAST stroke

8x50 Swim @ 1

Kick every 4th 50

400 IM @ 30R

50 stroke/50 FAST free

8x75 Pull @ 1

400 IM @ 30R
25 FAST kick/50 stroke/25 free
8x100 @ 1:30
Descend 1-4, 5-8
100 cool down
Total: 4500

Sunday, Jan 25, 2015

WU:

200 choice
20 min technical instruction on free. Focus on:
catch
hand position at the beginning of the catch
high elbow during catch and pull
pull
body rotation - start rotating midway through the pull

24 x 50, 15s rest:
3 of each stroke, descending 1->3
2 of each stroke, negative split
1 of each stroke, fast

MS:

12 x 100 best average @ 3' (finished only 6)

WD:

choice

Saturday, Jan 24, 2015

WU:

300 choice
200 glide to 3 drill Free
100 free smooth and technical

8-12 turns

12x50 variety of strokes:

1. first 15m fast
2. second 15m fast (turn)
3. last 15 fast

MS:

6x50 @ 50"/55"/1'/... Descend 1 ->6
4 x 75 @ 1'15"/1'20"/1'25"/... Descend 1->4

3x 100 @ 1'40"/1'50"/2'00"/... Descend 1->3

6x50 @ 50"/55"/1'/... Negative split

4 x 75 @ 1'15"/1'20"/1'25"/... Negative split

3x 100 @ 1'40"/1'50"/2'00"/... Negative split

WD:

200 choice

Total: 3,500

Thursday, January 22, 2015

Warm Up:

300 swim

100 kick

300 pull

100 kick

6x100 swim @ 1:30

Descend 1-6

6x100 pull @ 1:30

Descend 1-6

500 @ 15R

50 Kick after every 200

400 @ 15R

50 free/50 non-free

6x100 swim @ 1:20

All strong

6x100 pull @ 1:20

All strong

200 choice cool down

Total: 4300

Tuesday, January 20, 2015

Warm Up:

400 Swim/300 pull/200 kick/100 IM

2 x 4x150 pull @ 2:10

3/5/3/ breathing pattern by 50

4x100 IM @ 1:45

4x50 kick @ 1

All FAST!

100 Easy/recovery swim

3x200 @ 3:00
Odds: Non FR
Evens: FR

100 cool down swim

Total: 4300

Sunday, Jan 18, 2015

WU:

400 mix Swim+Kick+Pull+Swim
2x:
150 drill IM order without fly
3 x 25 swim IM order without fly
75 kick IM order without fly
3 x 25 swim, IM order without fly

MS:

200 technical, 30s rest
8 x 50 @ 200 Race pace, 20s rest
100 technical, 30s rest
8 x 25 @ 100 race pace, 20s rest

WD:

200 choice

Total: 3,150

Saturday, Jan 17, 2015

WU:

4x300:
1st: choice
2nd: 200 drill + 100 swim, stroke #1
3rd: 200 drill + 100 swim, another stroke
4th: 6x50 Des. stroke #1 + 3x50 Des. stroke #2

kick set:

4x100 Des
4x50 Des
4x25 Fast
100 easy

MS:

4x50 Descending @ 45"/50"/55"/1'/...
4x100 Negative Split (NS) @ 1'30"/1'35"/1'40"/1'45"/...

4x150 Des @ 2'20"/2'25"/2'30"/2'35"/...
4x100 NS @ 1'30"/1'35"/1'40"/1'45"/...
4x50 Des @ 45"/50"/55"/1'/...

WD:

200 choice

Total: 4,000

Thursday, January 15, 2015

Warm Up:

400 Choice

200 Pull

200 Kick

8x75 @ 1:15

Kick/Drill/Build by 25

10x50 @ 45

25 FAST/25 easy

600 Pull

3/5 breathing pattern by 100

20x50 @ 40/1

1 FAST/1 easy

2 FAST/1 easy

3 FAST/1 easy

4 FAST/1 easy

5 FAST/1 easy

400 pull

3/7 breathing pattern by 50

200 Cool Down

50 Frog/150 Choice)

Total: 4100

Tuesday, January 13, 2015

Warm Up:

500

200 Swim/50 Kick

300 IM

Kick/Drill/Swim

4x50 @10R

25 Drill/25 Swim

6x150 @ 2:15

50 non-free/100 Build

12x25 @ 30

Descend Stroke Count 1-3, 4-6

5x100 @ 1:40

25 FAST/50 easy/25 FAST!
12x25 @ 30
Breathe 2x only/1x only/none, repeat
4x75 @ 1:15
25 Underwater as far as you can/50 Ascend
6x25 @ 30
Breast stroke arms with freestyle kick, head out of water
Fast Hands!
5x50 SPRINT! @ 1:10

300 Pull Cool Down
50 Shark Drill/100 Pull

Total: 4000

Sunday, Jan 11, 2015

WU:

300 choice
4 x
25 kick w/o board
75 frill
50 swim

12 x 50:

- 1) kick ↓ H₂O + easy
- 2) 15 fast swim + easy
- 3) 15m middle fast swim
- 4) last 15m fast swim

4 x 25 Dive + swim back

MS:

8 x 200 with 15-20s rest:

1. 50 choice + 50 #1 + 50 choice + 50 #1
2. 50 choice + 100 #1 + 50 choice
3. 100 choice + 100 #1
4. 200 #1

WD:

200 choice

Total: 3,100

Saturday, Jan 10, 2015

WU:

4 x (in the IM order):

100 choice
2 x 50 drill
50 swim

6 x with fins:

50 BR pull with flatter kick
50 (25 Fly with flatter kick + 25 choice)

MS:

(6 or 7 or 8) x : with 20s rest
150 IM without fly
100 choice STRONG
50 #1 FAST

WD:

200 choice

Total: up to 4,200

Thursday, January 8, 2015

Warm Up:

300 swim
200 pull
100 kick

300 IM @ 20R
Kick/drill/swim by 50
200 pull @15R
3/5 breathing by 50
100 kick @ 10R
50 FAST/50 easy

300 swim @ 20R
50 strong/50 easy
200 pull @15R
50 sailboat drill/50 pull
100 dolphin kick on back @10R

300 swim @20R
100 Easy/100 medium/100 strong
200 pull @15R
Buoy between ankles
100 choice kick @10R

300 swim @20R
3x100 reverse IMs
200 pull @15R
50free/50backstroke
100 kick @10R
FAST!

3x100 swim @ 1:30
2x100 swim @ 1:20
1x100 swim (FAST!) @15R

300 swim @20R
Descend stroke count by 1 each 50
200 pull @15R
Descend by 50
100
50 Frog/50 easy

Total: 4200

Tuesday, January 6, 2015

400 Choice warm up

4x100 @ 1:50/2/2:15
50 kick FAST/50 easy swim
400 Pull @ 30R
Breathing 3/5 by 50
6x50 @ 45/1/1:15
Descend 1-6
100 IM @ 10R
600 Pull @ 30R
Descend each 200
3x300 Swim @ 4:15/4:30/4:45
100 FAST/200 smooth
600 Pull @ 30R
Descend each 150
3x300 swim @ 4/4:15/4:30
200 smooth/100 FAST!

200 easy cool down

Total: 4800

Sunday, Jan 4, 2015

WU:

4 x 100: 1 free, 1 choice
12 x 50 with 15-20s rest:
2 drill, 1 swim DPS

12 x 50 kick: 1 easy, 1 fast

MS:

4 x
300 Negative split
3 x 50 Descending 1 → 3
all with 20s rest

WD:

200 choice

Total: 3,600

Saturday, Jan 3, 2015

WU:

300 choice with every 3rd 25 kick w/o board

12 x 100 with 15-20s rest:

1st - kick/swim

2nd - drill/swim

3rd - swim

12 x 50 with fins, 20s rest:

1st - fly kick ↓H₂O up to 25m + 25 easy kick on back

2nd - 25m fly full stroke + 25m easy back

MS:

12 x 100:

descending 1 → 3, 20s rest

WD:

200 choice

Total: 3,500

Sunday, Dec 21, 2014

WU:

300 choice with every 4th 25 fly kick ↓H₂O

Technical set: 4 x (mix and match strokes)

75 kick without board

3 x 25 swim with minimum distance per stroke

75 drill

3 x 25 swim descending 1-3

MS:

200 swim, med intensity, 20" rest

4 x 50: 1 fast (dive)/ 1 easy

100 swim 20" rest

4 x 25: 1 fast (dive)/ 1 easy

200 swim, med intensity, 20" rest

8 x 50 at 200 race pace (your desired 200 time / 4) with 20" rest

100 swim, med intensity, 20" rest
8 x 25 at 100 race pace (your desired 100 time / 4) with 20" rest

WD:

200 choice

Total: 3,200

Saturday, Dec 20, 2014

WU:

400 choice with every 3rd 25 Fly kick on back
200 glide to 3 drill
8 turns
12 x 50 with 15-20s rest:
1st: first 15m fast
2nd: second 15m fast
3rd: last 15m fast

MS:

6 x 50 Negative Split @ 50"/55"/1'00"/1'05"/...
4 x 75 Negative split @ 1'15"/1'20"/1'25"/1'30"/...
3 x 10 Negative split @ 1'40"/1'45"/1'50"/1'55"/...
6 x 50 Descend 1-6 @ 50"/55"/1'00"/1'05"/...
4 x 75 Descend 1-4 @ 1'15"/1'20"/1'25"/1'30"/...
3 x 100 Descend 1-3 @ 1'40"/1'45"/1'50"/1'55"/...

WD:

200 choice

Total: ~ 3,400

Thursday, December 18, 2014

Warm Up:

600 Choice

4x150 @ 2:15/2:30/2:45

50 fly/100 free

4x150 Pull @ 2:10/2:30/2:45

50 Shark drill/100 breathe every 5

6x50 @ 50/1/1:15

Descend stroke count 1-6

4x150 pull @ 2:05/2:15/2:30

50 FAST/100 smooth

6x50 @ 50/1/1:15

Descend stroke count 1-6

4x150 @ 2:30/2:45/3

50 dolphin kick on back/100 strong swim

6x50 @ 50/1/1:15

Descend stroke count 1-6

300 cool down
100 free/100 IM/100 free

Total: 4200

Tuesday, December 16, 2014

Warm Up:

200 Swim
200 Pull

4x 25 Kick
25 Drill @ 1:15/1:30/1:45
25 Swim

8x50 @ 55/1:15/1:30
25 drill/25 swim/IM Order

6x100 @ 1:25/1:45/2
Descend 1-3, 4-6

8x25 kick @ 30/45/1
ALL FAST!

4x125 pull @ 2:00/2:15/2:30
Breathing every 5 strokes

200 easy pull @ 30R
50 shark drill/50 pull

8x50 swim @ 45/1/1:15
Descend 1-4, 5-8

8x25 kick @ 30/45/1
ALL FAST!

4x250 pull @ 3:45/4/4:15
3/5 breathing pattern by 50

200 easy pull
50 shark drill/50 pull

100 cool down

Total: 4500

Sunday, Dec. 14, 2014

Practice is not available

Saturday, Dec. 13, 2014

Practice is not available

Thursday, December 11, 2014

Warm Up:

600 Mix

100 Swim

50 Kick

600 Swim @30R

50 Free/25 Kick

400 Swim @ 30R

50 Back/50 Free

2 x 3x150 pull @ 2:10/2:30/2:45

3x50 swim @ 45/1/1:15

FAST

6x100 @ 1:30

50 kick/50 swim

4 x 50 Easy Swim @ 1:15/1:30/1:45

2 x 100 IM @ 1:30/1:45/2

500 Pull @ 30R

3/5/7 breathing pattern by 50

200 cool down

25 kick/75 swim

Total: 4700

Tuesday, December 9, 2014

Warm Up:

300 Swim

200 Pull

100 Kick

6x75 @1:20/1:30/1:45

Kick/drill/swim IM order

12x50 @ 1/1:15/1:30

Descend stroke count 1-4, 5-8, 9-12

400 swim @ 30R

25 FAST/75 easy

3x200 Pull @ 2:45/3/:15

3x200 Swim @ 2:45/3/3:15

3x150 Pull @ 2:05/2:15/2:30

3x150 Swim @ 2:05/2:15/2:30

200 Easy Kick Cool Down

Total: 4300

Sunday, Dec 7, 2014

WU:

12 x 100:

2 choice

5 kick with fins

5 alternate Free and IM

4x :

50 scull

100 kick w/o board

100 drill

50 swim

Turns, Starts. Sprints (25 and 50)

Or (and)

? (8-20) x 100 (20s rest)

1 technical

1 strong

WD:

200 choice

Total: 2,400 +

Saturday, Dec 6, 2014

WU: 4 x 300 in reverse IM order:

75 Swim

75 Kick

75 Drill

75 Swim

MS:

16 X 100 w 20s rest:

3 lowest stroke count

1 med/fast

100 easy

16 x 50 IM (4 of each stroke)

1) 10m fast + 40m easy

2) 20m fast + 30m easy

3) 30m fast + 20m easy

4) 50m fast

WD:

200 choice

Total: ~ 3,900

Thursday, December 4, 2014

Warm Up:

600 warm up
100 swim
100 kick
100 IM,

6x100 Pull @ 1:30/1:45/2

Descend 1-3, 4-6

400 @ 30R

50 Fast Free/50 dolphin kick on back

4x100 Pull @ 1:20/1:30/1:45

All strong

3x200 IM @ 3:20/3:45/4

2x100 pull @ 1:15/1:30/1:45

All FAST!

300 easy @ 30R

25 sailboat/25 kick/50 swim

8x50 @ 1/1:15/1:30

Sprints

500 Mix

100 Kick/100 Sprint/50 Easy

200 cool down (non-free)

Total: 4200

Tuesday, December 2, 2014

Warm Up:

600 warm up
100 swim/100 kick/100 IM

6x100 Pull @ 1:30/1:45/2

Descend 1-3, 4-6

400 @ 30R

50 free/50 dolphin kick on back

4x100 Pull @ 1:30/1:45/2

All strong

3x200 IM @ 3:30/3:45/4

2x100 Pull @ 1:15/1:30/1:45

All FAST!

300 Easy @ 30R

25 Shark/25 kick/50 swim

8x50 @ 1/1:15/1:30

Descend 1-4/5-8

5x100 Swim @ 1:30/1:45/2

Odds: FR

Evens: Non-FR

200 Non-FR Cool Down

Total: 4200

Sunday, Nov 30, 2014

Practice is not available

Saturday, Nov 29, 2014

Practice is not available

Thursday, November 27, 2014

Warm Up:

200 Swim

200 Pull

100 Kick

6x150 @ 2:15/2:30/2:45

50 Catch-up Drill

100 Build

4x250 @ 4:00/4:15/4:30

50 FAST/200 Smooth

500 Swim @ 6:45/7/7:15

100 Kick @ 2:00/2:15/2:30

400 Pull @ 5:30/5:45/6

100 Kick @ 2:00/2:15/2:30

300 Swim @ 4:00/4:15/4:30

100 Kick @ 2:00/2:15/2:30

200 Pull @ 2:45/3/3:15

100 Kick @ 2:00/2:15/2:30

100 Swim @ 1:30/1:45/2

100 Kick @ 2:00/2:15/2:30

100 Cool Down

Total: 4600

Tuesday, November 25, 2014

Warm Up:

4x100

Kick/Drill/Pull/Swim

1 x 400 Swim @ 30R

2 x 200 @ 3:15/3:30/3:45

50 free/100 IM/50 free

4 x 100 Swim @ 1:30/1:45/2
 Strong
 8 x 50 Swim @ 45/1/1:15
 Descend 1-4, 5-8
 16 x 25 Kick @ 30/45/1
 FR/Choice/Back/FAST
 1 x 400 Swim @ 30R
 50 kick/50 swim
 16 x 25 @ 30
 Odds: IM order FAST!
 Evens: Easy FR
 8 x 50 @ 40/1/1:15
 All strong
 4 x 100 IM @ 1:45/2/2:15
 Smooth
 2 x 200 Pull @ 3:00/3:15/3:30
 3/5/7/9 breathing pattern by 50
 1 x 400 Swim @ 30R
 25 FAST/75 Smooth

200 Choice Cool Down

Total: 5000

Sunday, Nov 23, 2014

WU:

200 choice
 300 drill
 16 x 25 fly kick

MS:

5 x 200 NS with the emphasis on the 3rd 50
 5 x 100 NS with the emphasis on the 3rd 25

100 easy

Race pace (RP) set:

? X 50 @ 200 RP
 ? X 25 @ 100 RP

To find your goal time for an interval for a given race distance divide the desired race distance time by the number of intervals. E.g.:

Race distance and goal time	Set: x 50m	Set: x 25s
100m : 1:12.0	50m goal time @ 100 RP: 36.0s	25m goal time @ 100 RP: 18.0s
200m : 2:40.0	50m goal time @ 200 RP: 40.0s	25m goal time @ 200 RP: 20.0s

When you are swimming 50s at 200 RP, the goal is to swim each 50 in exactly 40.0s, not faster and not slower. Allow for 15-20s rest between 50s. In this example, you'll be swimming 50s on 1', which gives you 20s rest.

As soon as your time on the interval goes up by 0.5 - 1s (e.g., to 41.0. or slower), you skip the next interval, and try again after this break. If you fail to meet your goal time, e.g., 40.0s, after the break, then you stop the set, swim down, and move on to the next set.

If you manage to meet your goal time after skipping one interval, continue swimming 50s until you fail to meet the goal time again or you finish the set. If you fail again, skip one interval and try again. Stop the set if you fail after skipping one interval. The goal is to be able to swim 3-5 times the race distance, which means that when training for a 200m race, the goal is to swim 20 x 50m or 40 x 25m at the 200m race pace. When training for 100m, the goal is to swim 10 x 50m or 20 x 25m at the 100m race pace.

WD:

choice

Saturday, Nov 22, 2014

WU:

200 choice

8 x 50 (20s rest):

1 Free

1 IM order

200 drill, choice of stroke

8 x 25 same stroke as drill above:

1 technical

1 build

MS:

Easy	Fast	Interval	(or) Rest
50	50	1'	20"
50	100	2'	30"
50	200	4'	40"
50	300	6'	50"
50	200	4'	40"
50	100	2'	30"
50	50	1'	20"

WD:

choice

Total: ~2,400

Thursday, November 20, 2014

Warm Up:

300 swim
300 Pull
300 Kick

6x100 @ 1:45/2/2:15

50 DPS
25 Tarzan
25 Catchup

400 @ 30R

50 Kick/50 swim

6x150 Pull @ 2:10/2:30/2:45

Breathing pattern 3/5/7 by 50

8x100 swim @ 1:30/1:45/2

Descend 1-4, 5-8

100 Recovery

4x200 Pull @ 2:40/3/3:15

Negative Split

2x300 Swim

1. 50 FR/25 IM
2. 25 IM/50 FR

100 Choice Cool Down

Total: 5200

Tuesday, November 18, 2014

Warm Up:

500 warm up
200 Free/50 non-free

4x200 Pull @ 3:00/3:15/3:30

3/5 breathing pattern by 50

8x50 @ 45/1/1:15

25 Fast/25 easy

4x150 @ 2:30/2:45/3

50 Kick

50 Fingertip Drag

50 Build

4x200 @ 3:30/3:45/4

All FAST!

100 Recovery

8x50 @ 1/1:15/1:30

IM order, 25 drill/25 swim
4x150 @ 2:30/2:45/3
100 IM/50 free

200 cool down
100 Drill
50 Kick
50 choice

Total: 4400

Sunday, Nov 16, 2014

Practice is not available

Saturday, Nov 15, 2014

Practice is not available

Thursday, November 13, 2014

Warm Up:

400 Swim
Kick every 4th 25

4x150 @ 2:30/2:45/3
50 Streamline Kick
100 Pull
9x100 Swim @ 1:30/1:45/2
1 FAST/1 ez
2 FAST/1ez
3 FAST/1ez
8x100 @ 2:00/2:15/2:30
25 Kick
50 Swim
25 FAST butterfly
7x100 IM @ 1:45/2/2:15
6x100 Pull @ 1:30/1:45/2
3/5 breathing pattern by 25
5x100 @ 1:45/2/2:15
25 FAST!
75 Easy

200 Double Arm Backstroke Cool Down

Total: 4700

Tuesday, November 11, 2014

Warm Up:

400 Swim

300 IM @ 15R

Kick/Drill/Swim by 25

200 Kick on Back @ 3/3:15/3:30

100 @ 1:30/1:45/2

50 tarzan drill/50 fingertip drag

6x250 swim @ 3:40/4/4:15

Descend 1-3, 4-6

2x400 pull @ 5:30/5:45/6

Negative Split

3x300 swim @ 4:30/4:45/5

100 free/100 IM/100 free

2x200 pull @ 2:45/3/3:15

2nd 200 is faster

200 Cool Down

Total: 4800

Sunday, Nov 9, 2014

WU:

200 choice

4 x (IM order):

100 kick / drill

50 swim

8 turns (mid-mid)

MS:

9x100 15s rest, Dec 1-3,

Speed/Power:

24 x 25 @ 1'

6 FR/ 6 Choice (or #1 stroke)/ 6 FR / 6 #1

Starts

WD:

choice

Total: ~ 2,500

Saturday, Nov 8, 2014

WU: with 15s-20s rest

100 choice

100 kick w/o board

200 drill #1
4x50 drill IM order
8x50 kick:
 1 free, med pace
 1 IM order, 20m easy + 30m strong

MS:

16 x 75 with 20s rest:
 1 Free technical
 1 IM (no free) strong
3 x:
 6 x 25 Fly build, 15s rest
 4 x 50 Back pull, 15s rest
 100 Free DPS, 15s rest

WD:

choice

Total: ~ 3,600

Thursday, November 6, 2014

400 Choice warm up

4x100 @ 1:50/2/2:15
 50 kick FAST/50 easy swim
400 Pull @ 30R
 Breathing 3/5 by 50
6x50 @ 45/1/1:15
 Descend 1-6
100 IM @ 10R
600 Pull @ 30R
 Descend each 200
3x300 Swim @ 4:15/4:30/4:45
 100 FAST/200 smooth
600 Pull @ 30R
 Descend each 150
3x300 swim @ 4/4:15/4:30
 200 smooth/100 FAST!

200 easy cool down

Total: 4800

Tuesday, November 4, 2014

Warm Up

300 Swim
100 Tarzan drill
300 Pull

100 Kick

8x50 @ 50/1/1:15

25 FAST/25 Easy

100 IM @ 10R

5x300 Pull @ 4:15/4:30/4:45

100 fast/50 easy

5x200 Swim @ 3/3:15/3:30

100 free/100 IM

8x50 @ 50/1/1:15

25 FAST.25 Easy

200 cool down

50 kick/50 shark drill/100 swim

Total: 4400

Sunday, Nov 2, 2014

Practice is not available

Saturday, Nov 1, 2014

Practice is not available

Thursday, October 30, 2014

WU:

600 Warm Up

200 Swim

50 Kick

50 Non-FR

4x50 @ 45/1/1:15

Negative Split

4x200 Swim @ 3:00/3:15/3:30

STRONG

4x50 @ 45/1/1:15

25 FAST/25 Easy

4x250 Pull @ 3:40/4:4:15

ALL STRONG

4x50 @ 45/1/1:15

25 Easy/25 FAST

4x250 @ 4:00/4:15/4:30

150 FR/100 IM

WD:

400 Warm Down

100 Swim
50 Kick
50 Non-FR

Total: 4400

Tuesday, October 28, 2014

WU:

300 Swim
200 Kick
100 Drill

12x50 @ 55/1:15/1:30

25 IM/25 FR

500 Pull

50 FAST/200 Smooth

10x50 @ 50/1:15/1:30

Descend 1-5, 6-10

500 Swim

25 FAST/75 Smooth

8x75 @ 1:20/1:45/2

25 Kick/25 Non-FR/25 FR

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

ALL STRONG

WD:

300 Cool Down
50 Kick/100 Choice

Total: 4100

Thursday, October 23, 2014

WU:

500 Warm Up
200 Swim/50 Kick

500 Pull

50 Shark Drill/200 Pull

4 x 100 @ 55/1:15/1:30

IM Switch

6x100 Swim @ 1:30/1:45/2

ALL STRONG

100 Recovery

4x150 Swim @ 2:10/2:30/2:45

ALL STRONG

100 Recovery

3x200 Swim @ 2:45/3/3:15

ALL STRONG
100 Recovery

200 Kick @ 2:30/2:45/3

WD:

300 Cool Down
100 Non-FR/200 FR

Total: 4000

Tuesday, October 21, 2014

WU:

400 Choice

8x125 @ 2:10/2:30/2:45

50 Drill/75 Build

3x100 Kick @ 2:15/2:30/2:45

25 FAST/25 Easy

8x50 @ 55/1:15/1:30

IM Switch

5 x

100 FAST Swim @ 1:40/2/2:15

50 Easy @ 1/1:15/1:30

5 x

50 FAST Swim @ 1/1:15/1:30

25 Easy @ 30/45/1

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

WD:

200 Kick

Total: 4000

Thursday, October 16, 2014

WU:

300 Swim

300 pull

3/5 Breathing Pattern by 50

4x150 @ 2:45/3/3:15

50 Kick/50 Hammerfist/50 Swim

3x400 Pull @ 5:45/6/6:15

Descend 1-3

100 Recovery

3x300 Swim 4:30/4:45/5

Descend 1-3

100 Recovery

3x200 Pull @ 3:00/3:15/3:30

Descend 1-3

100 Recovery

3x100 Swim @ 1:20/1:30/1:45

All FAST!

WD:

200 cool down

Total: 4700

Tuesday, October 14, 2014

WU:

750

200 Swim

50 Kick

7x100 @ 1:50/2/2:15

50 Kick/50 Swim

7x50 @ 55/1:15/1:30

25 BK/25 FR

12x25 @ 30/45/1

1 FAST/1 Easy

200 IM

25 Drill/25 Swim

8x100 Pull @ 1:25/1:45/2

Descend 1-4, 5-8

3x300 Swim @ 4:30/4:45/5

100 FR/100 IM/100 FR

WD:

400 Cool Down

100 Swim/50 Kick

Total: 4100

Thursday, October 9, 2014

WU:

300 Swim

100 Kick

6x50 @ 50/1/1:15
(IM switch)
6x100 Pull @ 1:20/1:30/1:45
All Strong
6x50 @ 45/1/1:15
25 Hammerfist/25 Swim
4x150 Pull @ 2/2:15/2:30
All Strong
6x50 Swim @ 40/1/1:15
25 FAST! /25 Easy
3x200 Pull 2:40/3/3:15
All Strong
6x50 Swim @ 50/1/1:15
All Strong
2x300 @ 4/4:15/4:30
All Strong

WD:

300 Cool Down
50 Kick/100 Swim

Total: 4300

Tuesday, October 7, 2014

WU:

300 Swim
200 Pull
100 Kick

6x125 @ 2:15/2:30/2:45
50 Kick/75 Build
2x250 @ 3:40/4/4:15
200 FAST/50 Easy
100 Kick @ 30R
2x200 @ 3:00/3:15/3:30
150 FAST/50 Easy
100 Kick @ 30R
2x150 @ 2:20/2:45/3
100 FAST/50 Easy
100 Kick @ 30R
2x100 @ 1:40/2/2:15
50 FAST/50 Easy
100 Kick @ 30R
2x50 @ 1/1:15/1:30
25 FAST/25 Easy
100 Kick @ 30R

WD:

200 cool down

Total: 4200

Thursday, October 2, 2014

WU:

200 Swim/100 Kick

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

8x50 swim @ 45

Descend 1-4, 5-8

100 easy IM

(do the following sets continuous, no extra rest, all swim freestyle)

4x50 @ 50/1:15/1:30

4x75 @ 1:10/1:30/1:45

4x100 @ 1:25/1:45/2

4x125 @ 1:45/2/2:15

4x150 @ 2:05/2:15/2:30

4x175 @ 2:20/2:45/3

4x200 @ 2:40/3/3:15

WD:

200 cool down

Total: 4800

IRONMAN

WU:

500 swim

2x200 Kick w/ fins w/:30 rest

4x150 @ 2:30

100 IM/50 free

2x600 Pull @ 15R

Negative split at the 300 wall!

3x100 @ 1:45

Reverse IM

2x600 pull w/:30 rest

Descend by 200s in each 600 (1-3)

6x50 Kick @ :60

25 FAST/25 easy

WD:

200 cool down

4700 total

Tuesday, September 30, 2014

WU:

600

200 Swim/100 Kick

3x200 Swim @ 2:45/3/3:15

6x50 @ 50/1:15/1:30

IM Switch

5x100 Swim @ 1:20/1:30/1:45

4x150 @ 2:30/2:45/3

50 Kick, 50 Drill, 50 Swim/IM Order

10x50 Swim @ 40/1/1:15

500 Pull

Breathe every 5

16x25 Swim @ 20/30/45

WD:

300 Cool Down

50 Kick/100 Swim

Total: 4300

IRONMAN

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

Thursday, September 25, 2014

WU:

500 Swim

2x200 Kick w/ fins @ 30R

4x150 @ 2:30/2:45/3

100 IM/50 FR

2x600 Pull @ 30R

Negative Split at the 300 wall!

3x100 @ 1:45/2/2:15

Reverse IM

2x600 Pull @ 30R
Descend by 200
6x50 Kick @ 1/1:15/1:30
25 FAST/25 Easy

WD:
200 Cool Down

Total: 4700

IRONMAN

WU:
Pyramid w/ 15 seconds rest between each
50/100/150/200/150/100/50

8 x 400
Odds: FR w/ bilateral breathing @ 20R
Evens: 100 IM/ 300 FR w/ trilateral breathing @ 15R

WD:
Easy Kick until end of practice

Total: ~4200

Tuesday, September 23, 2014

WU:
600 Choice
600 Pull Non-FR every 4th 25
600 Kick

x3
150 Swim @ 2:10/2:30/2:45
150 Kick @ 3:00/3:15/3:30
150 Pull @ 2:10/2:30/2:45
150 @ 2:30/2:45/3
Non-FR/FR by 25

500 Breakdown
100 @ 2
2x50 @ 1
4x25 @ 30
2x50 @ 1
100 @ 2

8x75 @ 1:30/1:45/2
25 Underwater Kick, 50 Swim
8x50 @ 55/1:15/1:30
Start in the middle of the pool, work on turns

WD:
400 Cool Down
100 Swim/100 Pull

Total: 4300

IRONMAN

WU:

500 Choice
8 x 75 @ 1:20
KDS by 25's
8 x 50 @ 1
Sprints
6 x 300 Swim @ 5:30
Descend 1-4
3 x 400 Pull @ 6
Descend 1-4

WD:

300 Swim
50 BK/50 Choice

Total: 4800

Thursday, September 18, 2014

WU:

500 Choice w/ fins
500 Pull
3/5 Breathing Pattern by 50

4x150 @ 2:30/2:45/3
50 Kick/50 Drill/50 Swim
8x50 Swim @ 50/1/1:15
Descend 1-4, 5-8
400 Swim (No Walls) @15R
6x50 Swim @ 55/1:15/1:30
All Strong
400 Pull
Build Each 100)
4x50 Swim @ 1/1:15/1:30
All FAST!
400 IM
Kick/Drill/Swim/Fast by 25
2x50 Swim @ 1:30/1:45/2
RACE! from a dive

WD:

400 Choice Cool Down

Total: 4200

IRONMAN

WU:

600 Choice
400 Pull
x4 2 x 200 @ 2:40

1 FAST, 1 Easy
3 x 100 @ 1:20
2 FAST, 1 Easy
4 x 50 @ 45
3 FAST, 1 Easy
100 BK Easy

Odds: Pull
Evens: Fins

WD:
200 Choice
Total: 5200

Tuesday, September 16, 2014

WU:
400 Swim w/ fins
200 Kick w/ fins

4x50 @ 55/1:15/1:30
Catch-Up Drill w/ paddle
4x50 @ 55/1:15/1:30
25 Fist Drill/25 Swim
x2
400 Pull
3/5 Breathing Pattern by 50 @ 30R
200 Pull
50 FAST/50 Easy

6x50 @ 1:15/1:30/1:45
25 Kick/25 Sailboat Drill (Hold entering position until feel self sinking)
200 Pull
25 FAST/75 Easy
x2
400 IM
25 Kick/25 Drill/50 Swim @ 30R
200 IM Swim
25 FAST/25 Easy

6x50 w/fins @ 1/1:15/1:30
25 Underwater Kick/25 BK

WD:
300 Cool Down
100 FR/50 Non-FR

Total: 4500

IRONMAN

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, September 11, 2014

WU:

300 Swim
200 Pull
100 Kick

4x150 @ 2:30/2:45/3
50 Non-FR/50 FR/50 Non-FR
4x150 Pull @ 2:15/2:30/2:45
10x50 @ 1/1:15/1:30
FAST
5x100 IM @ 1:45/2/2:15
Descend 1-5
100 Easy
10x50 Swim
4 FAST @ 45/1/1:15
1 @ Easy @ 1/1:10/1:20
5x100 IM @ 1:45/2/2:15
Descend 1-5

WD:

200 cool down
50 Kick/150 Swim

Total: 4100

IRONMAN

WU:

500 Mix
x2 Pyramid 50/100/150/200/250/300/250/200/150/100/50
15R between each
300 BK
300 IM
300 Pull

WD:
200 Choice
Total: 5200

Tuesday, September 9, 2014

WU:
400 Choice
300 IM
Kick/drill/swim by 25
200 pull
Breathe every 5
100 kick

6x50 @ 1:15/1:30/1:45
25 SPRINT/25 Easy
5x200 w/ fins @ 2:45/3/3:15
100 Easy
6x50 @ 1:15/1:30/1:45
25 SPRINT/25 Easy
6x100 Pull @ 1:30/1:45/2
100 Easy
6x50 @ 1:15/1:30/1:45
25 SPRINT/25 Easy
8x50 @ 1:00/1:15/1:30
IM Order

WD:
300 Cool Down

Total: 4400

IRONMAN

WU:
500 Choice
100 Kick
300 Pull
100 Kick
3 x 600 @ 30R
1) Pull, Build each 300
2) w/ fins 100 Swim/ 50 Kick
3) Pull, Build each 100
6 x 50 Swim
2 Hard @ 45
1 Easy @ 1
6 x 200 @ 3
Odds: IM Drill/ Swim
Evens: Pull

WD:
400 Choice
Total: 4200

Thursday, September 4, 2014

WU:

500 Swim
400 Pull
300 Kick

4x250 Pull @ 3:30/3:45/4

150 FAST/100 Easy

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

100 FAST/100 Easy

4x150 Swim @ 2:15/2:30/2:45

100 IM Strong/50 FR Easy

4x100 Kick @ 2:00/2:15/2:30

50 FAST/50 Easy

4x50 Swim

Sprint & Go again when next person gets to wall. Last person wait 10 seconds

8x50 @ 30/45/1

IM Order

WD:

200 Cool Down

Total: 4800

IRONMAN

WU:

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
---	---	---

500

100 Easy Kick
50 Hard Kick
200 Easy Pull
50 Hard Pull
100 Easy Choice

WD:

2 x 150 Choice

Total: 4100

Tuesday, September 2, 2014

WU:

400

Swim/Kick by 100
400 pull
3/5 Breathing Pattern by 100

16x25 @30/45/1

1 FAST/1 Easy, IM Order
8x125 @ 1:50/2/2:15
25 Sprint/100 Smooth
8x75 Pull @ 55/1:15/1:30
All Strong
8x25 @45/1/1:15
Sprint half pool, swim easy to the wall
600 Swim
100 IM/100 free, repeat

8x25 Underwater Kick @45/1/:15

4x150 Pull @30R

7/5/3 breathing pattern by 50

WD:

200 Choice

Total: 4600

IRONMAN

WU:

400 Choice

300

50 free/50 non-free

200 kick w/ board

100 IM

(all with 20 sec rest at easy/steady intensity)

10 x 50 build @ 1

Last 5m hard w/ no breathing

6 x 450

400 Swim

100 Hard/250 Moderate/50 Hard

50 Hard Kick w/ board

200 Easy BK Recovery

1-4-1 "Loco" with pull gear. 800 m set: 25 m hard, 25 m steady, 50 m hard, 50 m steady, 75 m hard, 75 m steady, 100 m hard, 100 m steady, 75 m hard, 75 m steady, 50 m hard, 50 m steady, 25 m hard, 25 m steady.

WD:

300 Easy

Total: 5500