

# Tuesday, February 2, 2016

## Warmup:

300 swim  
200 IM  
100 kick

4 x 100 free @ 1:30

Smooth

100 IM @ 1:45

FAST

100 easy/recovery

3x200 @ 3:45

50 kick

50 sailboat drill

100 swim

8x100 @ 1:25

Descend 1-4, 5-8

600 IM @30R

200 kick

200 drill

200 swim)

6x150 @ 1:55

100 free/50 back

200 cool down

**Total: 4600**

# Thursday, February 4, 2016

## Warmup:

2 x 300 Choice  
200 IM Drill  
100 Kick

## 20x25 @ 30

5 Kick  
5 Free  
5 Non-Free  
5 Choice

## 8x50 @ 55

25 Non-free/25 Free

3 x

4x25 FAST! @ 30  
50 easy/recovery @ 1  
200 Sprint  
50 easy/recovery @ 2

## 6x100 Pull @ 1:25

200 cool Down

**Total: 4100**

# Tuesday, February 9, 2016

Warmup:

600 Swim

50 Kick after every 100

500 Pull @ 30R

200 breathe every 3

100 every 5

200 every 3

400 IM @ 30R

50 kick/25 Drill/25 swim

300 swim @ 15R

Build each 50

200 Kick @ 10R

50 flutter/50 dolphin

100 Tarzan Drill @ 5R

200 IM Kick @ 10R

300 Swim @ 15R

50 FAST/50 easy

400 IM @ 30R

50 Kick/50 Swim

500 Pull @ 30R

Breathing pattern 3/5 by 100

600

100 easy/200 strong

100 cool down swim

**Total: 4200**

# Thursday, February 11, 2016

Warmup:

600

50 Kick after every 100

600 Pull

Breathe every 3/5/7 by 100

3x200 @ 3:00

Descend 1-3

400 w/Fins

No breathing 5m in, 5m out

3x200 @ 2:50

Descend 1-3

300 w/Fins

No breathing 5m in, 7m out

3x200 Pull @ 2:40

Descend 1-3

200 w/Fins

No breathing 5m in, 10m out

400 cool down

200 IM

200 Choice

**Total: 4300**

# Tuesday, February 16, 2016

Warmup:

500 Choice

300 Pull @ 15R

150 Back

150 Free

200 IM Drill @ 15R

2 x 300 Pull @ 4:15

Build

200 Swim @ 3:00

FAST!

100 Kick @ 2:00

600 Swim

100 Swim/50 Tarzan

4x250 @ 3:50

200 Pull/50 Kick

400 w/Fins

75 Easy Back

25 Sprint Free

200 Cool Down

**Total: 4400**

# Thursday, February 18, 2016

## Warmup:

400 Swim  
400 Pull  
200 Kick

## 12x25 @ 30

4 Free  
4 Non-FR  
4 Choice

## 6x50 @ 55

25 Shark Drill/25 Kick

## 6x75 @ 1:10

25 Drill/50 Build

## 400 IM @ 30R

50 Kick/25 Drill/25 Swim

## 6x150 @ 2:10

100 FAST  
50 Easy

## 6x75 @ 1:20

25 Kick/50 Build

## 8x25 Fins @ 30

25 underwater/25 swim

300 Cool Down

**Total: 4300**

# Tuesday, February 23, 2016

Warmup:

200 Choice

5x200 @ 15R

Swim

Pull

Swim

Kick

IM

4 x 6x25 drill @ 30

5x50 Swim @ 50

25 FAST/25 easy

4x100 pull @ 1:30

Descend 1-4

200 cool down

**Total: 4400**