

Tuesday, January 5, 2016

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

Thursday, January 7, 2016

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 12, 2016

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

Thursday, January 14, 2016

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 19, 2016

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

Thursday, January 21, 2016

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 26, 2016

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

Thursday, January 28, 2016

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