

Tuesday, March 1, 2016

500 Choice swim

50 Kick after every 200

2 x

200 IM

50 Kick

10x50 @ 50

Descend 1-5, 6-10

2x

50 Stroke @ 1

100 Free @ 2

100 Stroke @ 2

300 Free @ 4

100 recovery/easy

6x50 Kick @ 1:10

4x150 @ 2:15

50 Drill/50 easy swim/50 FAST!

400 Easy Pull

Total: 4000

Thursday, March 3, 2016

400 Swim w/fins

300 Pull

200 Kick

100 Drill

8x50 @ 1

25Build/25 FAST!

600

200 Pull/100 Kick

4x100 @ 1:45

25 SPRINT kick w/NO board/75 swim

600 pull

3/5 breathing pattern by 50

8 x 50 @ 40

4 of each stroke, IM order

600 w/Fins

100 Swim/100 Kick

300 Cool Down

Total: 4300

Tuesday, March 8, 2016

500 Choice swim

100 Kick

300 IM (Kick/Drill/Swim by 25)

100 Kick

12x25 @ 30

3 breaths

2 breaths

1 breath

0 breaths

8x75 w/ Paddles @ 1:10

25 Scull/50 swim build

6x150 @ 2:25

50 choice kick/100 IM swim

400 Snake Swim (Last 100 Kick)

25 easy/25 FAST

6x

50 w/band @ 1

100 swim @ 1:30

300 cool down

50 Kick/100 Swim

Total: 4400

Thursday, March 10, 2016

600 (200 swim/100 Kick)

600 pull (3/5/7 breathing pattern by 50)

10x50 @ 55

1 Stroke

1 Free

6x100 @ 1:40 (25 Kick/25 Sailboat drill/50 Swim build)

4x250 Pull @ 3:30 (200 strong/50 FAST!)

8 x 50 @ 30 (2 of each stroke, IM order)

600 w/fins (200 swim/100 Kick)

4300 total

Tuesday, March 15, 2016

200 Swim/200 Pull/200 IM/200 Kick/200 swim

12x25 IM order @ :40 (1 Kick/1 Drill/1 Swim)

3 x [2x100 IM @ 1:40

4x200 Pull @ 3:00 (descend 1-4)]

300 cool down w/fins

4600 total

Thursday, March 17, 2016

2x(200 swim/50 kick)

600 pull

100 swim/50 Shark Drill

6 x

100 pull FAST @ 1:15

50 pull easy @ 1

6 x

100 swim FAST @ 1:15

50 swim easy @ 1

300

100 IM/50 Tarzan drill

8x50 w/fins @ 1

Odds: 25 underwater kick/25 swim

evens: 25 SPRINT/25 easy

300

100 IM/50 choice drill

100 easy swim

Total: 4300

Tuesday, March 22, 2016

500 as 200 Swim/50 Kick/repeat

300 Pull

200 Kick

5 x [200 swim (build) @ 2:50

50 kick (FAST!) @ :60]

100 recovery/easy

6x125 @ 1:50 (25 Kick/100 swim)

5x200 @ 3:00 (100 swim/climb out/dive in/100 swim FAST)

12x25 @ :30 (2 FAST/1 easy)

200 cool down

4600 total

Thursday, March 24, 2015

500 Choice

100 Kick

300 Pull

100 Kick

3x600 @ 30 rest

#1 Pull, Build each 300

#2 Fins (100 swim/50 kick)

#3 Kick Build each 300

6x50 Swim

2 Fast @ 45

1 easy @ 1

6x200 @ 3

Odds: IM Drill/Swim

Evens: Pull

4x50 @ 55 Cool Down

Descend stroke count 1-4

Total: 4500

Tuesday, March 29, 2016

300 Choice

300 Kick

300 Choice

3 x

2x100 @ 1:20

2x75 @ 1

2x50 @ 45

4x25 IM order @ 30

10x50 Pull @ 50

2 FAST

2 easy

2 FAST

2 easy

2 FAST

6x75 @ 1:20

25 Kick/50 swim

5x100 @ 1:30

50 Drill/50 Build

200 cool down

Total: 4200

Thursday, March 31, 2016

Warm Up:

2 x (300 choice/200 drill/100 kick)

3 x

300 Pull @ 4:30/4:45/5

2x50 FAST Kick @ 1:15/1:30/1:45

4x150 w/fins

50 kick on side/50 swim/50 kick on other side

2 x

2x50 FAST Swim @ 1/1:15/1:30

2x100 IM @ 1:40/2/2:15

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

400 Cool Down

Total: 4400