

Warm Up

400 Fr (5.30 - 5.45- 6) - 200 Bk (3.10) - 2 x 100 im d (1.40)

16 x 50 kick

8@ fr (60)

8@ ms (60)

3 mx - 1 st

400 fly drill (fins)

50 441 50 331 50 221 50111 x2

(1.2)

Main set x 2

2@(4 x 50) Fly (50) (+60)

2@ 16 x 25 imo (4 on each st) 25 - 35 (+ 60)

1@ 400 Fr neg split (5.30 - 5.45 - 6)

2@ 100 Fr as 25 mx - 25 high arm d (2)

(3.6) (4.8)

Speed

8 x 50 Hvo 20 mx - 30 ez (60)

(.4) - (5.2)

Warm UP

200 BK (3.30)

20 X 100 PULL (Bands + Paddles) as

75 Fr (1.15) - 25 mx choice stroke)

(2.2)

Kick Set x2

300 kick mx (5.40)

100 mod swim (1.30)

200 kick mx (3.20)

100 mod (1.30)

4 x 50 kick exploded (60)

100 mod (2)

(2k) = (4.2)

Speed

8 x 50 dive

35 mx - 15 ez (1.10)

(.4) = (4.6)

warm down

4 x 100 Bk (1.40)

(5k)

Warm Up:

1000 As ; 100 Free Swim ez - 100 mx kick (fins)

10 x 50 {feet} 50 (fr - or bk)

15 x 100 as (fins)

(o) 50 Fr - 50 Fly - br (1.30)

(e) 50 Bk - 50 Fly - br

(3k)

AEROBIC

5 X 300 FR OR BK OR 250 BR

1. 4.20

2. 4.15

3. 4.10

4. 4.0

5. SUB 3.50

(1.5) = (4.5)

Kick Set

10 X 100 FR / BK KICK (1.50)

(1.0) = (5.5)

Thres x4

3 x 100 - 1.10 - 1.15- 1.20

1 x 100 ez 2

(1.6) = (7.1)

Fly - Brst x4

6 x 50 (50)

1 x 100 ez (2)

(1.6) = (7.1)

Warm Down:

8 x 50

(o) fr high arm drill

(e) choice drill

(.4) = (7.5)

Warm Up :

4 x 300 as :

1. Fr 2. Fr - Bk 3. 100 Fr - 200 Bk 4. Bk (4 .45)

(All kick must be 10 off all walls)

(1.2)

Tech - Speed X2

50 kick ms as 15 mx (60)

100 Ms Drill (2)

150 Pull fr (3)

8 x 25 ms alt st - fast (50)

(1k) = (2.2)

Aerobic

2 x 500 fr des (1-2) (7) - 10 x 50 kick (60) ms

1 x 500 mx (7) - 10 x 50 kick (55) ms

(2.5) = (4.7)

Warm down

6 x 50 hvo (35 mx - 15 ez) (60)

200ez

(.5) = (5.2)

Warm Up :

500 Fr @7.30 Bth 3 / 5

400 ms kick - ve split (8)

300 im 50 D - 25 swim mx (5)

200 Fr pull (b - Pd) (3.15)

100 im swim 12.5 mx - 12.5 d (1.40)

(1.5)

Aerobic 1

4 x 50 as (x4) (60)

1. ms d

2. swim hold min st

3. ms/ build

4. Fr mx (25d - 25 blast)

(.8) - (2.3)

Aerobic 2

3 x 300 ms

1. kick des by 100s (6)

2. drill (5.30)

3. kick (12 x 25 blast kick) 30 / 40 mx

(.9) =(3.1)

SPEED

8 X 50 MS AS

2@ 6 ST MX (60)

2@8 ST MX

2@35 MX

2@ LAST 15MX

(.4) =(3.5)

Aerobic

15 x 100 fr b+pd (1.40)

(1.5) = (5k)

Warm up

200 Fr (3) - 4 x 50 fly kick on back (60)

150 Bk (2.30) - 4 x 50 fly kick with board (65)

100 im d (1.40) - 4 x 50 fly 111 - mx swim (55)

(1050)

8 x 50 **Hvo** as ; (60)

1. 15 mx 3. 25 mx

2. 20 mx 4 . last 10 mx

(.4) = (1450)

Race Speed

100 mx (1.30) x8

75 mx (1.30)

(1.4)

50 mx (60) x8

25 mx (60)

(600) = (2k}

400 ez (7)

16 x 25 F to F (45) ALL OUT SPEED

(800) = (2.8) = (4,250)

Warm Down

3 x 300 alt Fr - Bk - 50 fly or br kick (5.30)

(.9) = (5150)

Turns practice (150)

(5300)