

Test Sets 2011-2012

>> All test sets are optional but highly encouraged

>> Results from test sets will be posted on the team website after the test set has concluded

>> Makeups for test sets may be done at coaches discretion, but not common due to pool scheduling and constraints

>> Test sets are a great mental exercise in addition to providing some physical value; results vary by athlete and are not necessarily reflective of ability or long term success

Bronze Group			
Test:	Season	Anticipated Date:	Notes:
Timed Kick 200 Free #1	Winter	Wed Sep 21	baseline
4x100 Free on 8:00 #1	Winter	Sun Oct 2	baseline
Timed Kick 200 Free #2	Winter	Wed Oct 19	improve on previous attempt
4x100 Free on 8:00 #2	Winter	Sun Oct 30	improve on previous attempt
Timed Kick 200 Free #3	Winter	Wed Nov 16	improve on previous attempt
4x100 Free on 8:00 #3	Winter	Sun Nov 27	improve on previous attempt
Timed Kick 200 Free #4	Winter	Week of Dec 26-30	improve on previous attempt, move up one time standard
T3000 (timed 3,000 yds) #1	Winter	Week of Dec 26-30	each swimmer supply one timer
Timed kick 200 Free #1	Summer	Wed Apr 18	baseline
4x100 Stk on 8:00 #2	Summer	Fri Apr 27	baseline
Timed kick 200 Free #1	Summer	Wed May 23	improve on previous attempt
4x100 Stk on 8:00 #2	Summer	Fri Apr 27	improve on previous attempt

Blue Group			
Test:	Season	Anticipated Date:	Notes:
Timed Kick 200 Free #1	Winter	Wed Sep 21	baseline
6x50 Free on 5:00 #1	Winter	Sun Oct 2	baseline
Timed Kick 200 Free #2	Winter	Wed Oct 19	improve on previous attempt
6x50 Free on 5:00 #2	Winter	Sun Oct 30	improve on previous attempt
Timed Kick 200 Free #3	Winter	Wed Nov 16	improve on previous attempt
6x50 Free on 5:00 #3	Winter	Sun Nov 27	improve on previous attempt
Timed Kick 200 Free #4	Winter	Week of Dec 26-30	improve on previous attempt, move up one time standard
T2000 (timed 2,000 yds) #1	Winter	Week of Dec 26-30	each swimmer supply one timer
Timed kick 200 Free #1	Summer	Wed Apr 18	baseline
6x50 Stk on 5:00 #2	Summer	Fri Apr 27	baseline
Timed kick 200 Free #1	Summer	Wed May 23	improve on previous attempt
6x50 Stk on 5:00 #2	Summer	Fri Apr 27	improve on previous attempt