

# Test Set Schedule 2012-2013

>> 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

Blue Group			
Test:	Season	Anticipated Date:	Goal or Notes:
Timed Kick 200 Free #1	SC	Sat Sep 22	set a baseline
6x50 Free on 5:00 #1	SC	Sat Sep 29	set a baseline
6x50 Stk on 5:00 #1	SC	Wed Oct 11	set a baseline
Timed Kick 200 Free #2	SC	Sat Oct 27	improve on previous attempt
6x50 Free on 5:00 #2	SC	Sat Nov 10	improve on previous attempt
6x50 Stk on 5:00 #2	SC	Sat Dec 1	improve on previous attempt
Timed Kick 200 Free #3	SC	TBA (reschedule)	improve on previous attempt
6x50 Free on 5:00 #3	SC	Sun Dec 16	improve on previous attempt
6x50 Stk on 5:00 #3	SC	Sat Dec 22	improve on previous attempt, move up one time standard
Summer Sanders Test	SC	TBA (reschedule)	go until you can't go anymore!
Timed Kick 200 Free #1	LC	Thu Apr 18	set a baseline
6x50 Free on 5:00 #1	LC	Sat Apr 27	set a baseline
6x50 Stroke on 5:00 #1	LC	Sat May 4	set a baseline
Timed Kick 200 Free #2	LC	Thu May 9	improve on previous attempt
6x50 Free on 5:00 #2	LC	Sat May 11	improve on previous attempt
6x50 Stroke on 5:00 #2	LC	Thu May 23	improve on previous attempt
Timed Kick 200 Free #3	LC	Thu May 30	improve on previous attempt

\* tentative

Bronze Group			
Test:	Season	Anticipated Date:	Goal or Notes:
Timed Kick 200 Free #1	SC	Sat Sep 22	set a baseline
4x100 Free on 8:00 #1	SC	Sat Sep 29	set a baseline
Timed Kick 200 Free #2	SC	Sat Oct 20	improve on previous attempt
4x100 Free on 8:00 #2	SC	Sat Oct 27	improve on previous attempt
Timed Kick 200 Free #3	SC	Wed Nov 14	improve on previous attempt
4x100 Free on 8:00 #3	SC	Sat Dec 1	improve on previous attempt
Timed Kick 200 Free #4	SC	Sat Dec 22	improve on previous attempt, move up one time standard
T3000 (timed 3,000 yds) #1	SC	TBA (reschedule)	each swimmer supply one timer
Timed Kick 200 Free #1	LC	Thu Apr 18	set a baseline
4x100 Stroke on 8:00 #1	LC	Fri Apr 26	set a baseline
Timed Kick 200 Free #2	LC	Thu May 9	improve on previous attempt
4x100 Stroke on 8:00 #2	LC	Thu May 23	improve on previous attempt
Timed Kick 200 Free #3	LC	Thu May 30	improve on previous attempt

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