

Practice 1:

WU: 300 Swim + 200 Kick and 100 choice drill

Pre – set: Round 1 = 6*50 and 2*100 Round 2 = 3*50 and 4*100

6*50's @1:30 Odds: 25 kick 25 drill all choice stroke

Evens: Drill/Build

2*100's @ 1:30 Round 1: 25 kick (15m under water) – 75 build

Round 2: Descent 1-3 hold 4

Main set: 4 Rounds. Even rounds with fins if you have

3*50's #1 = 15M under water #2&3 = middle 25 fast!

4*25's QST's (quick sequence turns) 12.5 then flip going back towards wall + 12.5 + flip at wall + 25 full fast! So its really 4*50's but have to focus on fast turns and get momentum started again.

1*75 first and last 25 = fast!

300 Cooldown

Practice 2: 3700 total

Warm up: 2 Rounds

300 swim 200 kick

3*100's [25 scull 50 drill 25 build] 1:45

6*25's :40 Odds: Drill Evens: 15M underwater focus on breakouts

Main set: 2 rounds

8*50's 1:00 Odds: blue Even: easy

4*100's 1:30 #1+2 = red #3 = threshold #4 = easy

12*25's :40 every 3rd 25 = sprint #1+2 = choice (breakouts finishes build underwaters??)

Practice 3:

Warm up:

4*150's [100 Swim – 50 kick on back] 2:30

Pre Set: 3 Rounds

1*75 [25 KOB – 50 Bow Drill Free] 1:20

3*50 Odd = underwater turn at 25 Even = build to fast finish 1:00

3 *25 6-10 underwater dolphin kicks to fast breakouts

Main set is test set 3 of kick set: (600 yards test set kick)

3 Rounds:

3*100 1:20 descend effort 1-3 25 stroke -75 free (be aggressive on the stroke as a breakout to take from previous set of B.O and turns) Free = red+ focus on technique

Minus 1*100 per round

2*100's 2:15 sprint kick dolphin or flutter. Goal is to achieve times from week one. Open excel sheet to find times. If no times are listed goal = best average

Add fins

4*25's :30 odd = B.O (1-2 strokes) Even = Build tempo to aggressive finish

CD

Practice 4: Parametric 2300

1*300 Swim 3*100s [25 scull – 75 swim]

Main Set: 3 Rounds

2*50's [25 kick – 25 swim] 1:00

3*100's parametric free 26-28 HR 1:40

2 *50's recovery 1:00

Cool down:

8*25's Odd: Underwater even: Build