

Week of 11/16/2020

11/16/2020 BK/BR Pull 3200 yds

Warm-up: 2 rounds:

100 FR (25 drill+75 FR)
3x50 pull @:50/1:00
8x25 @:30/:40 O: Sprint FR 2 B less
E: KOB 900

10x50 FR @:50/1:00 25 KOB/25 Sprint FR 50 0

3 rounds

3x100 25 drill/25 KOB/50 swim @1:35/1:55
Rnd 1: BK
Rnd 2: BR
Rnd3: FR
1x200 FR @3:05/3:25 50 red+150 blue HR check
1x100 FR pull/snorkel @1:35/1:50 quiet hand placement 1800

Cool Down

11/17/2020 AM Aerobic 3050 yds

Warm-up: 200 FR

4x75 DSK @1:20/1:30
3x100 pull @1:35/1:55 800

8x25 O: underwater SL focus E: kick-BK @:30/:35
3x100 FR @1:30
8x50 BR 3 stroke (blue), 1 EZ FR (red) @:50/1:00

6x25 kick- side @:30/:35
3x100. FR @1:30
6x50 BK 2 stroke (blue), 1 EZ FR (red) @:50/1:00

4x25 kick-BK 10 count rotation
3x100 FR @1:30
4x50 FL1 stroke (blue), 1 FR (red) @ 1:00 2250

Cool down

11/17/2020 IM 3200 yds

Warm-up: 300 (200 FR +100 IM Kick)

6x50 @1:05 LB fins
8x25 @:30 O: drill IMO
E: swim IMO 800

2x100 FR @ 1:35/1:50 25 KOB/25 drill/25KOB/25 swim
4x75 IMO drill/swim/sprint 500

3 rounds

4x75 IMOx roundDSK @1:20/1:30
3x100 FR @1:30/1:50

1x50 EZ KOB

11/18/2020 Mid-distance 3400 yds

Warm-up: 300 (100 FR+50 BK)x2
4x100 pull @1:35/1:55
8x25 kick-BK focus on underwaters 900

1x200 @3:05/3:20
+1x200 each round
Rnd 1: 1x200
Rnd 2: 4x100 @1:30
8x25 @:25
Rnd 3: 3x200 HR check (100 red+100 purple)
Rnd 4: 4x200 (50 drill red+ 150 blue) FR

8x25 @:30
-2x25 each round
Rnd 1: O: FR E: IMO focus: breakouts and underwaters
Rnd 2: KOS - snorkel focus: good form, tigh core
Rnd 3: KOB
Rnd 4: FL focus: underwater and 5 strokes to get to the other end 2500

Cool Down

11/19/2020 IM 2900 yds

Warm-up: 400 (100 FR + 75 pull + 25 kick)x4
4x100 25 drill IMO+25 stroke IMO+50 FR @1:35/1:55 800

2x75 DSK 1. FL 2. BK
2x25 @:35 underwaters
2x75 DSK 1. BR 3 FR
2x25 @:35 underwaters 400

3 rounds:
300 (25IMO x round/50 FR)x4
3x50 kick @:50/1:00 - board
6x25 Reverse IM -No FR focus: underwaters 1200

2 rounds:
100 IM blue HR check @1:30/2:00
6x25 O: IM E: IM KOB @:30/:35
100 IM purple HR check @1:30/2:00
6x25 O: IM E: IM KOB @:30/:35 500

Cool down

11/19/2020 Sprint 3400 yds

Warm-up: 300 (75 FR + 25 drill)x3
3x100 (50 kick + 25 drill + 25 swim) IMO no FR @1:50
4x50 IM kick @:55 800

6x50 FR @:45/:55 3 turns/50 focus: tight, quick turns to bet all the way around.
8x25 kick @:25/:30 fins/snorkel - side 500

3 rounds:

4x100 @1:40/2:00 IMO x rounds

1. 75 FR+25 Stroke.
2. 25 KOB/ 25 drill/ 50 stroke
3. 50 kick-board/50 stroke
4. 75 KOB/25 stroke

2x25 FR 12 ½ BLAST/12 ½ EZ @:25/:30

2x100 FR @1:25/1:45

EZ 50

2100

Cool Down

11/20/2020 IM 3500 yds

Warm-up: 300 (alt 50BK/50 FR)

200 pull/snorkel

4x75 DSK IMO @1:20/1:30

3x50 BK (25 kick/25 drill) @:50/1:00

100 FR (25 R/25 L/50 catch-up) @1:35/1:50

2x25 @:30 1. FL with 10 underwater doph 2. BR with 2 pullouts

4 rounds:

2x100 IM desc @1:35/1:50

2x75 1. BR, FR, BK 2. FL, FR, BK @1:20/1:30

2x25 IMO x rounds

4x50 @:45 O: Reverse IM by rounds E: IM kick

Cool down:

11/21/2020 Distance 3850

Warm-up: 300 (50 FR+25 BK)x4 focus on walls and feet past flags

4x100 25 stroke IMO+75 smooth FR @1:35/1:55 700

3 rounds

-1x250 each round

4x250 FR @ 3:40/4:00 focus on crisp turns, walls, and feet past flags
(50 BK+200 FR)

EZ 50

1x200 (100 IM kick+100 IM) @3:10/3:40

3150

Cool Down