

Week of 11/23/2020

SRE Workouts

Tuesday, Nov 24

300 swim

3 x 100 @ 1:40 w/ snork

50 kick in side - 50 6/3/6

2 x 150 @ 2:20 w/ snork

100 build - 50 fast kick in square

2 rounds:

3 x 50 @ 1:00, primary Kick/swim, Drill/swim, Build

2 x 75 @ 1:10 50 red free, 25 blue primary

2 x 25 @ :30 primary breakout focus

2 rounds:

3 x 100

#1 @ 1:20 50 primary/50 free, red

#2 @ 1:30 75/25

#3 @ 1:40 100 primary

2nd round=first part free/last part primary

:30 rest

4 x 50 @ :50 primary, hold best average

:30 rest

4 x 25 @ :35

Rd 1=kick, 15 m under

Rd 2=fast, alternate 15 M and 25 yards fast

1 x 100 recovery

Wednesday, Nov 25

300 swim

2 x 150 @ 2:15 w/ snork

1=25 hlk w/ rotation-50 fist drill

2=25 kick in square-50 dps

2 rounds:

4 x 25 @ :30 build to feet

2 x 100 @ 1:30 fast turns/breakouts at each end

3 x 50 @ 1:00 12.5 fast kick, 25 fast swim with best turn and breakout, 12.5 pink

Round 1=all free

Round 2=IM, 50's are fly, back, breast

3 rounds:

3 x 100 @ 1:30 free, descend 1-3 to blue (all rounds free)

:30 rest

4 x 25 @ :40 10, 15, 20, 25 yards fast each 25

2 x 50 @ 1:10 FAST!

Add 1 x 50 each round

Round 1=all free

Round 2=25's and 50's are primary

Round 3=25's and 50's are choice

Cool down

Friday, November 27

300 swim

2 x 200 @ 3:00 w/ snorkel

50 hlk w/ rotate-50 6/3/6

50 kick in square-50 human paddle

2 rounds:

3 x 100 @ 1:30 pull w/ snork & paddles

4 x 50 @ :50 w paddles only

Rd 1=25 scull/25 build

Rd 2=25 dps/25 build

2 rounds:

2 x 300 @ 3:45, 3:30 Red to thresh

-1 x 300 per round

Rd 1 = 4 x 75 @ 1:00 thresh

Rd 2 = 6 x 50 @ :45 thresh

Fins & paddles (if you have them)

1 x 100 @ 1:15

2 x 100 @ 1:10

3 x 100 @ 1:05

4 x 100 @ 1:00

Cool down

Saturday, Nov 28

300 swim

4 x 150 @ 2:20 w/snork

1-2=25 scull-50 6/3/6-75 -1 stroke per 25

3-4=25 right arm-25 left arm-50 3/4 catch-up-50 least #of strokes per 25

3 rounds:

2 x 75 @ 1:15 50 kick on side or back-25 stroke

2 x 50 @ 1:00 drill (IMO x rd)

Fly=3 sculls, 1 full stroke

Back=double arm

Breast=25 spider/25 fast hands

4 x 25 @ :30 perfect technique

Descend 1-4 to blue

4 x 150

1 @ 2:00 all free, red

2 @ 2:05 50 primary, 100 free

3 @ 2:10 75 primary-75 free

4 @ 2:20 100 primary, 50 free

6 x 100

1-3 @ 1:20 descend to threshold

4-6 @ 1:30

4=first 50 blue, race rehearsal- take it out fast!

5=middle 50 blue, hold stroke together

6=last 50 fast, finish the race!

Cool down