

Week of 11/30/2020
Freshman/Sophomore Workouts

Terminology:

SL: streamline
KOB: Kick on back-streamline
B: Breathing, as in breathing pattern
IMO: IM order
FLP turns: fiip turns
DSK: drill, swim, kick
100 SKIPS: 100 yds of Swim, IM Kick on back, IM drill, Pull, Swim
Blast: Focus on beginning of race and perfect techniques
DPS: Distance Per Stroke....the longer/stronger the stroke, the better
FRIM/FR-IM: Free-IM (FR,BK, BR, FR)

11/30/2020 BK/BR, Pull 2300 yds

Warm-up: 200 (75 FR+25 BK)
4x50 Drill/KOB @1:00/1:10
4x25 FR B4 @:30/:35 Focus: SL, 3 dolph, 3 strokes NB 500

2 rounds: rnd 1BK rnd 2: BR
3x50 (25 KOB/25 drill) @1:00/1:10
100 FR @2:00/2:10
2x25 swim @:30/:35 focus: on perfect technique and DPS 600

2 rounds:
2x100 pull @2:00/2:10 focus: Elbows up, fingertips down and NO smacking paddles!
2x75 FR @1:25/1:30
2x25 drill IMO by rounds @:30/:35
4x50 FR @1:00/1:10 1200

Cool down:

12/1/2020 IM, kick 2200 yds

Warm-up: 100 SKIPS 500

2 rounds: FL-fins
4x25 FL drill @:30/:35
1x100 FR @2:00/2:10
2x50 FL @1:00/1:10 600

1x300 FR (100 red + 100 blue + 100 purple)
4x75 DSK @1:05/1:25 rnd1: IMO
2x100 @2:00/2:10
4x50 IMO drill/swim @1:00/1:10 1000

Cool down

12/2/2020 Mid-distance 2150 yds

Warm-up: 400 (200 FR+100 IM Kick+100 pull)
4x50 drill/swim IMO @1:50 600

4x100 IMO @1:35/2:00 (dril, swim, drill, kick) 400

1x300 FR R:10 focus: WALLS (fast flp, 4 dolph, 3 strokes NB)

4x100 (25 strokeIMO+75 kick) @1:50

3x150 FR @ 2:15/2:30 1050

Cool down

12/3/2020 IM 3200 yds

Warm-up: 300 (100 FR + 50 BK)x2

4x100 (25 IMO drill +75 FR) @1:45/2:00 700

4x75 IMO KDS @1:25 300

2 rounds:

300 FL/BK/BR x 100

rnd 1: (drill/swim) rnd 2: (stroke/FR) R:10

4x150 (100 FR + 50 stroke) @ 2:15/2:30

rnd 1: stroke=drill/stroke rnd 2: stroke=drill/KOB 1200

6x50 KOS @:55/1:00

Cool Down:

12/4/2020 Sprint 2300 yds

Warm-up: (100 FR + 100 pull + 50 KOB)x2

8x25 @:30/:35

O: IMO drill E: Sprint FR

4x50 Kick - board 900

8x50 FR @:50/1:00

O: FR E: IMO

300 (25 KOB + 75 FR)x3 focus: fast turns and clean walls

4x25 FR @:25 ALL OUT focus: perfect technique 800

6X50 FR @:50/1:00

O: FR E: IMO (drill/swim)

200 (50 KOB + 50 FR)x2 focus: fast turns and clean walls

4x25 FR @:25 ALL OUT focus: perfect technique 600

Cool Down

12/5/2020 Distance 2250 yds

Warm-up: 400 (200 FR + 200 IM Kick)

100 pull

4x50 IMO (drill/swim) @1:00/1:05 800

1x50 FR (kick/swim) @:1:00/1:10

2x25 FR breakout (at least 6 dolph/6 strokes NB) - then EZ @:30/:40

1x50 FR(kick/swim) @1:00/1:10

2x25 FR breakout (at least 10 dolph/8 strokes NB) - then EZ @:30/:40

1x50 FR (25 no kick/25 OVERKICK) @1:00/1:10

4x50 (stroke/FR) IMO @1:00/1:10 450

600 (200 red+200 blue+200 purple)
3x100 FR @2:00/2:10
4x25 IMO @:30/:35

:10 rest between each 200

focus: Perfect walls!

1000

Cool Down