

## Week of 11/30/2020 SRE Workouts

### Monday, November 30

400 Swim

2 x 200

1 @ 3:30 50 kick-50 Swim w snork

2 @ 3:00 25 r-25 l-25 3-3-2-25 dps

1 x 300 @ 4:30 pull

2 x 150 @ 2:15

1=25 hlk-50 6/3/6

2=25 scull-50 10 strokes max

1 x 200 @ 3:00 w/ paddles

50 20/10-50 dps

4 x 50 @ 1:00 Position 11 drill

8 x 75 w snork

Odd @ 1:30 25 kick right-25 kick left-25 Free

Even @ 1:10 Free, build to Red

All free:

Round 1:

1 x 400 @ 5:20 low red

2 x 300 @ 4:00 25-26 HR

Round 2:

4 x 150 @ 2:00 Free, breathe 3

4 x 100 @ 1:10 threshold

### Tuesday, December 1

400 swim

6 x 50 @ 1:00 w snork

1=hlk

2=25 right/25 left

3=12 & switch

300 pull

4 x 50 @ 1:00 Kick on back

200 free, build legs to 6 beat kick

2 x 50 @ 1:00 kick w board, Breast & Fly

20 x 25 @ :40

Odd = all kick, full 15 under

Even = choice, fast breakouts (hold speed to 15 M)

3 rounds:

3 x 100 @ 2:00, 1:50, 1:40 kick with board, flutter

-1 x 100 each round

2 x 75 @ 1:15 Free, 2-4-6 beat kick by 25

#2=backstroke w/ 5 kicks under each 25

4 x 50 @ 1:00 best average

-1 x 50 each round

## **Wednesday, December 2**

400 swim

3 x 100 @ 1:45 w/ snork & paddles

25 scull-75 -1 stroke per 25

200 pull

2 rounds:

2 x 75 @ 1:10

1-2=free, build

4 x 25 @ :35 choice drills

1 x 200 @ 3:00 Red Free, turns

Flag wall flag +2

Round 1:

3 x 100 @ 1:30

1=all free, threshold

2 = 75 free, threshold 25 stroke blue

3=50 free, 50 stroke blue

4 x 50 @ 1:00

1-3=pace free or primary

4 = pink

Round 2:

3 x 100 @ 1:30 pull, descend 1-3 to thresh

4 x 75 @ 1:10 rotate 25 blue, last 75 all blue, primary

4 x 50 @ 1:00

1 & 3 = primary, all fast

2 & 4 = Pink

Round 3:

4 x 75 @ 1:05 Free, descend to thresh

4 x 50 @ :50 all primary, blue

4 x 25 @ :30 fast breakouts, primary

3 x 100 cool down w/ paddles & snork, just like warmup

### **Thursday, December 3**

200 swim

4 x 75 @ 1:30

50 kick-25 drill, reverse IM order

8 x 25 @ :35

Odd = breast kick on back

Even = 15 M under

4 x 50 @ 1:00

25 3 kick, 1 pull breast

25 breast, build

4 x 100 @ 1:40

Rotate 25 fast kick, remaining 25's=threshold free

Add fins:

3 rounds

2 x 25 @ :30 free w/ overkick

4 x 50 @ :50 best average flutter kick on back

Round 1=

2 x 200 @ 2:45 IM, (use fly kick w/ breast)

Round 2 =

4 x 100 @ 1:15

75 free w/overkick - 25 stroke blue (back, fly, back, breast)

Round 3 =

6 x 75 @ 1:00

Rotate 25 fast kick underwater 1-3, 4-6

Remaining 25's = Free (1-3) Back (4-6)

Cool down

### **Friday, December 4**

300 swim

3 x 100 @ 1:45

25 kick, 50 drill, 25 swim - Free

300 pull

3 x 100 @ 1:45 same as above, IM order

4 rounds:

2 x 50 @ 1:00 kick

Rd 1 = Fly on side w snork

2= on back

3= breast on back

4 = flutter on side w snork

4 x 25 @ :30 specific drills

Fly=3 kicks and load

Back=sky/tea cup combo

Breast=scull to pull

Free=high elbow scull

4 x 100 @ 1:30 1-3 = free, build to red

4 = IM threshold

- 1 x 100 by round, last of each round is always thresh IM

3 rounds:

1 x 150 @ 2:15 IM, red

4 x 75 @ 1:10

1 & 3 = 25 fly/back/breast

2 & 4 = free

2 x 50 @ :50 Free, threshold

+ 2 x 50 each round & -:05 from interval

Cool down

## **Saturday, December 5**

400 75 Swim-25 kick

300 50 drill-50 Free

200 20/10, 100 Free, then back

3 x 100 @ 2:00 body position kick

Fly, back, Breast

6 x 50 @ 1:00 drill/ Swim

2 rounds:

1 x 50 @ :50 Free, length

1 x 50 @ :50 Free, build

4 x 25 @ :30 kick, build legs

1 x 100 @ 1:30 IM blue

3 x 200 @ 2:40, 2:30, 2:20 Free, descend to threshold

6 x 100 All threshold

Odd @ 1:30 IM

Even @ 1:15 Free

12 x 50 @ 1:00

Odd = All FAST! Choice stroke

Even = pink/recovery