

## Week of 12/7/2020 Workouts-SRE

### Monday, Dec 7

300 swim

3 x 100 @ 1:45 w/ snorkel

1=25 kick in square, 25 dps

2=w/snork, 50 kick (25 r/l)-50 dps

3=50 fist drill-50 build

4 x 75 @ 1:15

25 kick-drill-swim, IM order

4 x 100 @ 1:30

50 free-25 kick, build-25 swim, strong red

Last 50 = IMO

4 x 50 @ 1:00 25 kick/25 blue, IM order

2 rounds:

2 x 150 @ 2:15 50 kick on back-100 free w/ 6 beat kick

Round 2 = 2 x 100 @ 1:45 50 kick-50 free

4 x 75 @ 1:10

1-3=rotate 25 fast kick on back, remaining 25's are free

4=free, blue w/ 6 beat kick

Add fins:

6 x @ :50 underwater focus, 5+ kicks under every wall

Odd = all kick

Even = all swim

Round 1=fly

Round 2=back

### Tuesday, Dec 8

2 rounds:

1 x 200 @ 3:00 swim, rd 2 pull

2 x 100 @ 1:45

50 drill-50 swim

Rd 1=free, back

Rd 2=fly, breast

3 x 50 @ 1:00 kick on back

Rd 1=flutter

Rd 2=25 fly w/ 7 under - 25 breast kick w/ pullout

2 rounds:

1 x 125 @ 1:45 free, build

3 x 25 @ :30 kick, 5-7-9 kicks under x 25

1 x 75 @ 1:10 free, threshold

3 x 25 @ :30 primary, Breakout, finish, all fast

3 rounds:

2 x 200 @ 3:00 50 free, red - 50 primary, threshold

-1 x 200 each round

2 x 50 @ 1:00 25 fast kick

Rd 1=25 15 m fast

Rd 2=25 build to fast finish

Blue primary:

Rd 1=3 x 50 @ 1:00

Rd 2=2 x 75 @ 1:15

Rd 3=1 x 100

## **Wednesday, December 9**

300 Swim

4 x 75 @ 1:30 25 drill, 50 lowest stroke ct

2 x 150 @ 2:30 pull

2 rounds:

4 x 50 @ 1:00

1-2 =kick

3-4=build, free

2 x 100 @ 1:50

75 Free, build-25 blue

1 x 200 @ 3:30 Red Free

3 x 50 @ 1:00 25 stroke/Free

2 x 150 @ 2:30 Red Free

2 x 50 @ 1:00 25 Fly/Back, 25 Breast/Free

3 x 100 @ 1:45 Red Free

1 x 50 @ 1:00 blue choice

4 rounds:

1 x 75 @ 1:15 Red, 50 Free-25 choice

1 x 25 @ :45 blue same stroke as last 25

## **Thursday, Dec 10**

300 swim

2 x 100 @ 1:45

w/ snork 50 in square-50 6/3/6

4 x 75 @ 1:15 25 kob, 25 w/15 under-25 back with 6 beat kick

1 x 200 @ 3:00

8 x 25 @ :30 w/ board

1-4=tombstone

5-8=descend to fast

50 kick w/ 5+ under, 50 build, free

4 x 50 @ 1:00 25 fly kick, power 15 meters

25 swim, IM order build to fast

3 rounds:

3 x 100 @ 1:50, 1:40, 1:30 kick w/ board

-1 x 100 each round

:30 rest

4 x 50 @ 1:00 all kick, hold best avg, no board

4 x 25 @ :35 1-2=all kick, 12.5 under

3-4=optimal number of kicks to breakout, all fast

## **Friday, December 11**

300 swim

4 x 75 @ 1:15 w/ snork

1=25 kick in square, 25 right arm, 25 left arm

2-4=add 25 free - 12 strokes max per 25

2 x 150 @ 2:15 pull w/ snork, hold least # of strokes

2 rounds:

4 x 50 1:00 backstroke, 25 kick/25 swim

4 x 25 @ :35 fly kick on back

2 x 75 @ 1:10 50 Free, build - 25 back, red

6 x 100 @ 1:20 free, hold red HR and steady kick

6 x 25 @ :30 kick on back

4 x 100 @ 1:25 Free, threshold

4 x 25 @ :35 try to hold faster than 6 x 25 above

2 x 100 @ 1:30 Free, blue

2 x 25 @ :40 all fast, hold underwaters thru 15 meter breakout

## **Saturday, Dec 12**

400 swim

4 x 100 @ 1:45 w/ snork

1-2=50 kick-50 drill

3-4=50 drill-50 dps

2 rounds:

4 x 75 @ 1:15 25 kick w / 15 under

50 build, breathe 3

Round 2 = 50 drill - 25 swim, IM order

4 x 25 @ :30 Free to feet, no breath last 5 yards

Round 2 = IM order, build to finish

Round 1:

3 x 200 @ 2:30 Free, red HR

4 x 50 @ :50 IM order, red

Round 2:

2 x 200 @ 2:25, threshold

6 x 50 @ 1:00 Free, then primary round

1=build

2-3= 200 pace

Round 3:

1 x 200 @ 2:20

:40 break

8 x 50 @ :45

1-4 = IM order, blue

:30 break

5-8= free, hold 200 pace

Cool down