

Workout for Week of 11/30/2020 - PRE and JR/SR

11/30/2020 BK/BR, Pull 3300

Warm-up: 300 (alt 50BK/50 FR)
200 pull/snorkel
4x75 DSK IMO @1:25/1:35
4x25 IMO BLAST @:30/:35 focus: technically perfect start/finish 900

2 rounds: rnd 1BK rnd 2: BR
3x50 (25 kick/25 drill) @1:00/1:10
100 FR @1:25/1:45
2x25 swim @:30 focus: on perfect technique and DPS 600

3 rounds:
2x100 pull @1:25/1:55 focus: Elbows up, fingertips down and NO smacking paddles!
2x75 FR @1:05/1:20
2x25 drill IMO by rounds
4x50 FR @:45 1800
EZ50

Cool down:

12/1/2020 IM, kick3400

Warm-up: 200 SKIP 800

2 rounds: FL-fins
4x25 FL drill @:30/:35
1x100 FR @1:25/1:50
2x50 FL @:50/1:00 600

2 rounds:
1x300 FR (100 red + 100 blue + 100 purple) HR check
4x75 DSK @1:05/1:25 rnd1: IMO rnd 2: FR
2x100 @1:20/1:50
4x50 IMO drill/swim @:55/1:00 2000

Cool down

12/2/2020 Mid-distance 3300 yds

Warm-up: 400 (200 FR +200 pull)
4x100 drill/kick IMO @1:50 800

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

2 rounds:
1x300 FR R:10 focus: WALLS (fast flp, 4 dolph, 3 strokes NB)
3x100 (25 strokeIMO+75 kick) @1:50
3x150 FR @ 2:15/2:30 2100

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 -snorkel @:55/1:00

Cool Down:

12/4/2020 Sprint 3300 yds

Warm-up: (100 FR + 200 pull + 50 KBO)x3

4x75 DSK IMO 1:20/1:30

6x50 LB fins @1:05 1650

8x50 FR @:50/1:00

O: FR E: IMO

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

6x25 FR @:25 ALL OUT focus: perfect technique

EZ 50 900

8X50 FR @:50/1:00

O: FR E: IMO (drill/swim)

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

6x25 FR @:25 ALL OUT focus: perfect technique

EZ 50 800

Cool Down

12/5/2020 Distance 3200 yds

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

200 pull focus on hand entry and no paddle sounds

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

1x50 FR (kick/swim) @:50/1:00

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

1x50 FR(kick/swim) @:45/:55

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

1x50 FR (25 no kick/25 OVERKICK) @:50/1:00

4x50 (stroke/FR) IMO @:5/01:00 450

600 (200 red+200 blue+200 purple) HR check

3x100 FR @1:35

4x25 @:30 O: drill E: EZ 1000

600 (150 smooth/150 IM drill/200 IM) @coach

4x75 Desc 1-3, hold 4 @1:05/1:20

4x25 @:30 O: drill E: EZ 1000

Cool Down