

## Workout for Week of 12/7/2020 - PRE and JR/SR

### 12/7/2020 BK/BR 3300 yds

Warm-up: 4x100 @1:50 focus: reach/rotation/catch  
1-2: 25 drill +25 KOB+ 50 FR  
3-4: 50 swim + 50 pull  
200 pull paddles/snorkel focus: QUIET HANDS 600

2 rounds:

2x175 (100 FR + 50 stroke drill + 25 stroke sprint) @1:35/1:50

rnd 1: BK

rnd 2: BR

4x75 FR. @1:05/1:15 focus: 4 dolph kicks + 1 more off each wall

3x50 @:50/1:00

rnd 1: BK

rnd 2: BR

Active Recovery 100 take HR (red)

4x50 @:50/1:00 25 blue/25 purple HR at each 25-focus on walls

O: No FR

E: FR 2200

5x100 @1:25/1:50

Cool down

### 12/8/2020 PRE IM, kick 3300 yds

Warm-up: 300 (100 FR +50 BK drill)x2  
3x100 (50 FRI + 50 pull)  
6x50 LB @1:05 fins 900

4x75 HLK snorkel/fins @1:05/1:15 300

400 IM (alt stroke/FR) focus: walls/underwaters

6x50 kick-board @:55/1:05

400 IM :05 between each 50 focus: walls/turns/underwaters

3x100 alt kick on BK/FR @1:50/2:10

400 IM (alt drill/swim - red/blue) focus: quality of drills  
12 x 25 kick build to champ finish - board 2100

Cool down

### 12/9/2020 PRE Mid-distance 3200 yds

Warm-up: 200 SKIP 800

2 rounds:

rnd 1:FR rnd 2: FL

4x25 drill R:05

4x50 swim @:50/1:00 (25 KOB+25 stroke)

2x100 swim @ 1:35/1:50 (25 drill+75 stroke) 1000

2 rounds:

2x150 FR @2:15/2:30 (50 red+100 blue)

300 (25 kick + 75 FR)x3 3:05/3:25

4x25 FR @:30

O: All out 2B or less

E: Kick: red (AR) 1400

Cool Down

## 12/10/2020 PRE 3400 yds

Warm-up: 300. FR B4

4x75 DSK IM @1:25

300 (150 pull + 50 kick) 900

4x75 (25 drill + 50 swim) IMO @1:25

3x100 FR @1:35 600

10x50 FR @ :50/1:00 Best effort

EZ 50

1x500 HR Check (100 blue + 200 red B4 + 100 red) 1050

8x50 @:55/1:05 Kick-side fins/1-goggle drill focus: body position/body line

EZ 50

1x400 HR check (100 IM drill red + 200 FR blue + 100 purple) 850

Cool down

## 12/11/2020 PRE 3400 yds

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

4x100 IMO@1:40/2:00 (50 drill + 25 kick + 25 swim) 600

Pre set: focus: turns/walls/transitions

3x100 FR @1:25/1:50

3x100 @1:25/1:50 (75 FR + 25 FL)

3x100 @1:25/1:50 (50 FR + 50 BK)

3x100 25 FR + 75 BR @1:35/1:50

3x100 IM @1:40/1:50 1500

4x200

O: 8x25 kick BK @:30

E: 200 (50 red + 150 blue HR check) @3:00/3:25

2x150 IMO @2:10/2:30 (50 drill + 100 FR)

2x100 @1:30/1:50 (25 kick side w/ 1-goggle drill + 75 FR w/ 1-goggle drill) 2000 1300

Cool Down

## 12/12/2020 Distance 3300

Warm-up: 200 loosen B6/4

4x75 DSK @1:15/1:30

4x100 FR pull @1:30/2:00 900

8x50	Best Average @:50		400
600 (200 blue + 200 pull red + 200blue)	HR check		
4x50 dolph kick @:50	snorkel/fins		600
400 (200 pull red + 200 snorkel blue)	HR check		
8x25 @:30	O: drill-IMO	E: swim-IMO	600
200 pull blue	HR check		
8x25 FR @:30	O: drill	E: swim	400
4x100 FR @1:20/1:45			400
Cool Down			