

**Week of 11/23/2020**  
**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)

**11/23/2020 FR/SO 2000-2200 yds**

Warm-up: 200 FR focus: SL and 3 dolphin off each wall  
100 KOB  
4x50 FR @ 1:00/1:10 25 square/25 bear  
8x25 FR @:30/:35

2 rounds:

4x25 IMO @:30/35  
3x75 FR @1:30/1:40 B3, 5, 3  
4x50 FR fast @1:00/1:10 B4

Kick Set: fins/board  
8x50 kick @1:00

Cool Down:

100 FR swim (50 swim, 25 drill, 25 kick)

**11/24/2020 FR/SO 2000-2200 yds**

Warm-up: 200 (75 FR+25 FR drill)x2

4x50 @1:00/1:10 IMO 25 drill/25 swim  
8x25 -fins O: underwater tight SL fast kick 3B or less  
E: Sprint FR, no first 6 strokes and inside flags, 3B or less

2 rounds: Rnd 1: FL Rnd 2: BK Rnd 3: BR

2x25 drill @:35/:40  
1x100 @2:00/2:10 (25 stroke+75 FR)  
2x25 Kick @:35/:40  
4x50 @1:00/1:10

4x50 FR @:55/1:00  
1x100 FR B4, 5, 5, 4  
4x25 KOB @:35/40

Cool Down

2x75 FR DSK @1:30/1:40

**11/25/2020 FR/SO 2000/2200 yds**

Warm-up: 200 (75 FR+25 BK) focus: flip turns at each wall

4x75 @1:35/1:45 DSK IMO  
4x50 FR @1:00-1:00 B4, 5

2 rounds  
200 FR

Rnd 1: 1x200 FR @ 3:45/4:00  
Rnd 2: 2x100 FR @ 1:55/2:10

4x25 FR drill @:35/:40  
4x50 dolph kick- fins @1:00

2x25 BR drills @:35/:40  
4x50 BR @1:05/1:15 25 BR/25 BR KOB  
2x100 (25 BR, 50 FR, 25 BR)  
2x25 BR drills @:35/:40

Cool down:  
1x100 (25 FR, 25 BK, 25 FR, 25 BK)

### **11/26/2020 FR/SO 2000/2200**

Warm-up: 100 SKIPS  
4x75 FR/stroke/FR IMO + 2 choice @1:30/1:40  
6x50 FR @:50/1:00  
3x100 FR @ 2:00

12x25 IM @:35/:40  
1-4: IM Blast  
5-8: IM finishes  
9-12: IM KOB  
5x100 FR @2:00/2:10

Cool down  
1x100 (50 FR, 25 KOB, 25 drill)

### **11/27/2020 FR/ SO 2000/2200**

Warm-up: 200 (100 FR+100 IM kick)  
4x50 IM @1:00/1:00 drill/KOB  
3x100 FR @ 2:00/2:10

6x50 FR @ 1:00/1:10 Focus: Walls: SL, 3 dolph, 3 strokes before B

4 rounds IMO  
3x50 @:50/1:00 -fins (BR-dolph BR or Flutter BR)  
1. Kick 2. Drill 3. DPS  
4x100 @2:00/2:10 FR-IM  
4x50 FR Kick-board @1:00/1:10

4x75 FR @1:40/1:50 DSK

Cool Down  
1x100 (75 FR+25 BK drill)

### **11/29/2020 FR/SO 2000/2200**

Warm-up: 100 SKIPS

3 rounds:

Rnd 1: FL

Rnd 2: BK

Rnd 3: BR

200 IM (25 drill/25 swim)

2x50 FR @1:00/1:10 B3, 4, 5, 6 x 50

2x100 @2:00/2:10 (25 stroke drill, 25 stroke swim, 50 FR)

Cool Down

4x50 FR @1:05 drill/swim