

**Week of 12/7/2020  
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)

**12/7/2020 BK/BR 2150yds**

Warm-up: 4x100 @2:00-2:15 focus: reach/rotation/catch  
1-2: 25 drill +25 KOB+ 50 FR  
3-4: 50 swim + 50 pull 400

2x175 (100 FR + 50 stroke drill + 25 stroke sprint) R:10

O: BK  
E BR

4x75 FR. @1:30/1:45 focus: 4 dolph kicks + 1 more off each wall

4x50 @1:00-1:10

O: BK  
E: BR

Active Recovery 100 red

4x50 @1:00/1:10 25 blue/25 purple HR at each 25-focus on walls

O: No FR  
E: FR

1250

5x100 @1:55/2:10

500

Cool down

**12/8/2020 PRE IM, kick 2300 yds**

Warm-up: 300 (100 FR +50 BK drill)x2  
6x50 LB @1:05 fins 600

4x75 KOS snorkel/fins @1:15/1:30 300

4x100 IMO (25 stroke+75 FR) @2:00-2:10 focus: walls/underwaters

6x50 kick-board @1:05-1:20

4x100 IMO (25 stroke+25 kick+50 FR) @2:00-2:10 focus: walls/turns/underwaters

3x100 (50 KOB+50 KOS) @2:10-2:20 1400

Cool down

**12/9/2020 PRE Mid-distance 2200 yds**

Warm-up: 100 SKIP 500

2 rounds:

    rnd 1:FR

4x25 drill R:05

4x50 swim @1:00-1:10 (25 KOB+25 stroke)

2x100 swim @ 2:00-2:10 (25 drill+75 stroke) 500

2 rounds:

1x150 FR @2:15/2:30 (50 red+100 blue)

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

6x25 FR @:30-:35

O: All out

E: KOB-red

1200

Cool Down

### 12/10/2020 PRE 2500 yds

Warm-up: 300. FR

B4

4x75 DSK IM R:10

300 (150 pull + 50 kick) 900

4x75 (25 drill + 50 swim) IMO @1:40/1:55

3x100 FR @2:00-2:10 600

10x50 FR @ 1:00-1:10

Best effort

R:20

1x500 HR Check (100 blue + 200 red B4 + 100 red) 1000

Cool down

### 12/11/2020 PRE 2500 yds

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

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

Pre: @2:00-2:10

focus: turns/walls/transitions

2x100 FR

2x100 (75 FR + 25 FL)

2x100 (50 FR + 50 BK)

2x100 (25 FR + 75 BR)

2x100 IM 1000

2x200

O: 8x25 kick BK @:35-:45

E: 200 (50 red + 150 blue HR check) @R:10

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) 900

Cool Down

### 12/12/2020 Distance 2300

Warm-up: 200 loosen

B6/4

	4x75 DSK @1:15/1:30		500
4x50	Best Average @1:00-1:10		200
600 (200 blue + 200 pull red + 200blue)			
4x50 dolph kick @1:00-1:10	snorkel (SO)/fins		600
400 (200 pull red + 200 snorkel blue)		HR check	
8x25 @:30-:40	O: drill-IMO	E: swim-IMO	600
4x100 FR @2:00-2:10			400

Cool Down