**EXTRA SESSIONS:**

Many swimmers have expressed interest in having a few extra sessions to work on their own during this “light” week. It is really fantastic to see our swimmers so motivated! If you are able to find a lane to swim in this week, working a few extra sessions can go a long way to maintaining the work your swimmer has already put in this season.

Your swimmer should be able to decipher the “swimming language” on the below documents. However, if you have any questions, please let me know.

**Please find below a variety of swim sessions.**

Pages 2-3: Sessions for Bronze/ Silver Level

Pages 3-4: Sessions for Gold/ Gold Plus Level

Page 5: Session for Platinum

**Saline Stingrays- BRONZE/ SILVER**

Focus: Free Skills/ Aerobic Kick

Time: 65 min

Distance: 2,100 yards

16 x 25 (: 55) 400 (16)

Odd: Super Catch-up

Even: Breath every 5

4 x 4 x 50 Kick w/ boards (1:15) 1,200 (30)

100 Free swim best tech (2:30)

20 x 25 (: 50) 500 (20)

Odd: Streamline Kick

Even: FAST Free

**Saline Stingrays- Silver/ Bronze**

Focus: Fly Skills

Time: 60 min

Distance: 2,000 yards

12 x 25 Fly Kick w/ fins (1) 300 (12)

4 on Side

4 on Back

4 super kick

10 x 50 Fly Drill w/ fins (1:15) 500 (13)

Odd: Right arm down/ left arm back

Even: 3-3-3

16 x 25 (: 50) 400 (16)

As; 5 strokes fly, then easy free on each 25

6 x 100 Freestyle pull- breathe every 3 or 5 (2:15) 600 (13)

200 Easy best techniques choice (4) 200 (4)

**Saline Stingrays- Gold/ Gold+**

Focus: Aerobic

Time: 90 min

Distance: 4,900 yards

400 Loosen, As; 100 free/ 100 Back kick/ 100 IM/ 100 Free Drill 400 (8)

20 x 50 Free (1) 1,000 (20)

Odd: Catch-up w/ zipper recovery

Even: Free- breathe every 5

10 x 150 Free w/ Fins (2:30) 1,500 (25)

As; 50 Kick on side

50 6-3-6

50 Swim

20 x 75 Kick w/ boards (1:30) 1,500 (30)

Odd: Breast or fly

Even: Free

12 x 25 Free- Best Tech (: 30) 300 (6)

200 EZ choice (4) 200 (4)

**Saline Stingrays- Gold/ Gold+**

Focus: Breast Skills/ Speed Development

Time: 90 min

Distance: 3,100 yards

200 Loosen Choice (4) 200 (4)

8 x 75 Kick/ Drill/ Swim (1:30) 600 (12)

Odd: free

Even: Choice

4 x 50 Free EZ (1) 600 (15)

50 Free Build (1:10)

50 Free FAST (1:20)

20 x 25 Free (: 45) 500 (18)

Swimmers should try to hold half of their 50 Free best time.

100 EZ Choice (3) 100 (3)

10 x 50 Breast Kick (1:10) 500 (12)

Odd: on Back

Even: w/ boards

16 x 25 Breast Progression, as below (: 40) 400 (15)

* Breast w/ free kick
* Breast w/ fly kick
* Breast w/ free kick
* Breast Swim FAST

200 EZ Choice (4) 200 (4)

**Saline Stingrays- Platinum**

Focus: Aerobic

Time: 120 min

Distance:

400 Loosen 400 (8)

As; 100 Free/ Back drill/ streamline kick/ super catch-up

5 x 200 Pull (3:30) 1,000 (18)

Odd: 50 Free/ 50 Breast

Even: 75 Back/ 25 Free

4 x All with short Fins\* 1,600 (35)

200 As; 50 Rotation/ 50 6-3-6 (3)

4 x 50 Kick w/ boards (: 50)

MAIN SET

3 x 200 Free- Fast down/ Steady back (3) 2,700 (55)

4 x 50 Choice Drill (1)

4 x 75 Mx Main (1:40)

2 x 200 Free- Fast Down/ Steady Back (3)

4 x 50 Choice Drill (1)

4 x 75 Mx Main (1:40)

1 x 200 Free FAST (3)

4 x 50 Choice Drill (1)

4 x 75 Mx Main (1:40)

300 EZ Choice Warm down (6) 300 (6)