

Day One

20 x 25 @ :45 Choice
Kick
Swim
Drill
Swim

12 x 50 @ 1:10
Kick - Pick a Goal Time that is challenging but attainable for where you are

16 x 25 @ 1:00
Scull - Pick Stroke, Focus on a way to hold water
Swim - Slow Motion, Focus on Feeling the scull portion you held
Kick - Feel Water on Feet, up and down kick
Swim - Perfect, focus on holding water, correct entry

10 x 100
1 @ 1:45 FrIM
2 @ 1:40 Free
3 @ 1:35 FrIM
4 @ 1:30 Free

Day Two

3x:

1 x 50 @ :20R Brain Off
1 x 50 @:20R Perfect
1 x 50 @20R Kayak
1 x 50 @:20R Dolphin Dives
1 x 25 @:20R Build to 85%
1 x 25 @:30R No Breath Free

12 x 25 @ :50 All Streamline Kick
3 Fly
3 Back Engage your CORE!!!
3 Breast
3 Free

8 x 75 @ 1:30 Free, Open Turns!!
odd - Long Free - Fist, Point, OK by 25
Perfect Steps - Take your time on Open Turns to FOCUS on STEPs
even - Swim - Perfect, HOLD WATER
Perfect Steps - Take your time on Open Turns to FOCUS on STEPs

5 x 100 @ 1:45 IM - 25 Strong->Fast Move Through

Day Three

- 5x - All on :20R, Mix-up the Strokes
- 1 x 25 FLOAT
- 2 x 25 Scull - Rub Hands on Rough Surface First - Increase Feel!!
- 1 x 50 Choice - Focus on FEELING the water
- 3 x 25 Scull - Rub Hands on Rough Surface First - Increase Feel!!
- 1 x 75 Choice - Focus on FEELING the water

- 1 x 500 @ 10:00 Kick - Every 4th 25 NF, 5th 25 Pick It Up!
- 4 x 50 @ 1:10 Desc. Times 1-4, but also take less strokes - BE Efficient, Hold Water, Non-Free
- 1 x 300 @ 6:00 Kick - Every 3rd 25 NF, 4th 25 Pick It Up!
- 5 x 50 @ 1:05 Desc. Times 1-5, but also take less strokes - BE Efficient, Hold Water - Choice - Same thoug
- 1 x 100 @ 2:00 Kick - Open Turns, GREAT STEPs, Min 5DK
- 6 x 50 @ 1:00 Desc. Times 1-6, but also take less strokes - BE Efficient, Hold Water - Choice - Same thoug

*Control your speed on the long descends -> Know your Spd, Know your Power

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Day Four

- 16 x 25 @ :50
Great STEPs -> Min 5 DK
Short Course is an UNDERWATER RACE!!!!
- 8 x 75 @ 1:30
Kick - IM Rotate (FLBABR, BABRFR, ETC.)
- 20 x 50 @ 1:10 Desc. 1-5, take :5 off per 5, but hold the same time for 5-20
(If you do the math, it has to be faster than 55 or you wont make the last 4)
- 3 x 300 @ 5:15 Pull - 50 Fr, 25 NF IMO (No Fly yet)
- 16 x 25 @ :45
Desc. 1-3, All out, 4 Scull/Swim by 12.5
- 1 x 200 50 Free
25 Kick
50 Non-Free FOCUS ON TECHNIQUE
25 Kick
50 Choice

Day Five

1 x 200 @ :5R Long - EZ- STEPs, 4 DK Min
1 x 25 @ :10R Build to FAST - IMO
1 x 175 @ :5R Long - EZ- STEPs, 4 DK Min
1 x 25 @ :10R Build to FAST - IMO
1 x 150 @ :5R Long - EZ- STEPs, 4 DK Min
1 x 25 @ :10R Build to FAST - IMO
1 x 125 @ 5R Long - EZ- STEPs, 4 DK Min
1 x 25 etc.
1 x 100
1 x 25 @ :10R Kick FAST
1 x 75
1 x 25 @ :10R Kick FAST
1 x 50
1 x 25 etc.
1 x 25
1 x 25

5 x 1 x 75 @ 1:15 Smoothe, Open Turns, STEPs -> Min 4DK
1 x 50 @ :55 Build
1 x 25 @ 1:00 FAST

Rounds 1,3,5 -> Free
Round 2,4 -> NON-Free

1 x 400
2x 50 Free
25 Kick
50 Non-Fre FOCUS ON TECHNIQUE
25 Kick
50 Choice