

## ROYALS 2/STINGRAYS 1 (COACH DANI'S WORKOUTS) – Nov. 9-13

Monday, Nov. 9	Tuesday, Nov. 10
<p><b>Warmup</b></p> <ul style="list-style-type: none"> <li>• 150 FR/100 BK/100 BR – F=distance per stroke (SC#)</li> <li>• 4 x 50 Lochte drill</li> <li>• 4 x 50 One-arm FL (other arm @ side)</li> <li>• 3 x 50 FR, descending 1-3 (use clock to check times)</li> </ul> <p><b>Mini-Set</b></p> <ul style="list-style-type: none"> <li>• 12 x 25 sprint FL – F=hammies up!</li> <li>• 8 x 25 FL K on back – F=flick toes</li> </ul> <p><b>Main Set</b></p> <p>2 x:</p> <ul style="list-style-type: none"> <li>• 8 x 75 FR (odds = swim @1:20, evens = flutter kick on back @1:40)</li> <li>• 1 x 100 FR @1:40 (sc# TOTAL no higher than 55 for Ln4-5, 60 for Ln6)</li> <li>• 2 x 37.5 sprint FL @:40 (breX2)</li> <li>• Rest 1:00</li> </ul> <p><b>Perfecting Set</b></p> <ul style="list-style-type: none"> <li>• 10 minutes of working on open turns</li> <li>• BR – UWP past flags</li> <li>• FL – 3-4 UW kicks</li> <li>• 5-6 x 100 FL/BR/FLY/BR x 25 @:20R F=perfect underwaters off turns!</li> </ul> <p>Cool Down 100-200</p>	<p><b>Warmup</b></p> <ul style="list-style-type: none"> <li>• 5 x 100 Reverse IM-order (FR/BR/BK/FL)(FL=one-arm) → total SC# for 100: Ln 4 – 45, Ln 5 – 48, Ln 6 – 60 or fewer</li> <li>• 300 inline kick/SL kick x 25</li> <li>• 8 x 25: 3-turn 25 (3 flips in the 25)</li> </ul> <p><b>Mini-Set</b></p> <ul style="list-style-type: none"> <li>• 6 x 50 BK tempo (coach get SR) @:50/1:00</li> <li>• 8 x 25 (start at wall, flip turn to your back in the middle &amp; kick back to the starting wall) @:40</li> </ul> <p><b>Main Set</b></p> <p>6 x 200 FR (Ln 4@3:00, Ln 5@3:20, Ln 6@4:00 – only do 5)</p> <ul style="list-style-type: none"> <li>• medium pace (HR = 26) first 100,</li> <li>• sprint the 3<sup>rd</sup> 50 (HR=30+),</li> <li>• breX5 last 50 (but allow HR to come down)</li> </ul> <p><b>Kick Set</b></p> <p>5 x 3 x 50 CH kick, descending 1-3 (5 sets of 3)</p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> 50 is easy, 2<sup>nd</sup> med, 3<sup>rd</sup> AFAP (as fast as possible) – all on 1:10/1:20</li> </ul> <p>Cool Down 225 – take HR: if 20 or less, do a 25 to finish; if higher than 20, do a 75 easy</p>
Wednesday, Nov. 11	Wednesday, Nov. 11 -- Cont. #1
<p><b>Warmup</b></p> <ul style="list-style-type: none"> <li>• 500 FR – SC# (Ln 4=13, Ln 5=15, Ln 5=16)</li> <li>• 400 Medium speed – check HR every 100 (should be 27 every 100)</li> <li>• 300 AMAP – sprint as long as you can, and when you just can't sprint another, take a 25 easy and sprint again – JUST KEEP TRYING!</li> <li>• 200 BR K (on back)</li> <li>• Ankle rolls</li> </ul>	<p><b>Mini-Set</b></p> <ul style="list-style-type: none"> <li>• 10 x 25 BR (9 strokes or less) – get times</li> <li>• Vertical kick for 2 min doing BR kick; try to get to the kickboard! Do this 3 times</li> </ul> <p><b>Main Set</b></p> <p>3 x:</p> <ul style="list-style-type: none"> <li>• 2 x 50 FL/BK sprint x 25 @:50/1:00</li> <li>• 2 x 50 BK/BR sprint x 25 @1:00/1:05</li> <li>• 2 x 50 BR/FR sprint x 25 @:50/1:00</li> <li>• 2 x 100 FR @1:40/1:50 F=rotation</li> </ul>

<p><b>Wednesday, Nov. 11 (Cont. #2)</b></p>	
<p>Kick Set</p> <ul style="list-style-type: none"> <li>4 x 100 FL kick on back @2:30 – get your time on all of them – report to me your best time of the 4</li> </ul> <p>Cool Down: 100 easy BK, 100 easy BR, 100 easy FR</p>	
<p><b>Thursday, Nov. 12</b></p>	<p><b>Friday, Nov. 13 – combined at SHAC</b></p>
<p>Warmup</p> <ul style="list-style-type: none"> <li>4 x 200 IM (#1 is drill, #2 is swim FRIM, #3 is kick NB, #4 is swim FRIM)</li> <li>8 x 25 FL kick on back – FAST!</li> </ul> <p>Mini-Set</p> <p>→6 x 75 FR @2:00</p> <ul style="list-style-type: none"> <li>Goal for Ln 4 is under :48 sec</li> <li>Goal Ln 5 –under :58 sec</li> <li>Goal Ln 6 –under 1:10</li> </ul> <p>→4 x 1-minute SL Gravity Fighters (kick as hard as you can to prevent sinking after a SL jump)</p> <p>Main Set</p> <ul style="list-style-type: none"> <li>1000 FR, breX5 (if you have paddles &amp; buoys, you can use them)</li> <li>4 x 50 FR midpool sprint @1:00 (on midpool, start at middle so you do two turns)</li> <li>8 x 25 FR Lily kicks @1:00 Start kicking, holding on to wall – count to 30, then grab a board or sprint kick on your back to the other side. You should be leaving each wall about 1:00 apart from each other.</li> </ul> <p>Perfection Set</p> <p>Work on BK starts – principles:</p> <ol style="list-style-type: none"> <li>1. Feet high, hips close-ish to wall</li> <li>2. Head up, push chest forward</li> <li>3. ON HUP <ul style="list-style-type: none"> <li>• <i>Throw arms back to SL</i></li> <li>• <i>Look at hands</i></li> <li>• <i>POP belly up</i></li> <li>• <i>Flick toes to lift</i></li> </ul> </li> </ol> <p>Cool Down 200-300</p>	<p>Warmup</p> <ul style="list-style-type: none"> <li>200 CH, long and strong</li> <li>4 x 50 Kick @1:10 (2 x FL kick on back, 2 x FR inline)</li> <li>4 x 75 EMF (first 25 SC#, 2<sup>nd</sup> 25 SC#+1, 3<sup>rd</sup> 25 SC#+2)</li> <li>8 x 25 dead start + kick finish</li> </ul> <p>Mini-Set</p> <ul style="list-style-type: none"> <li>Broken 100 STR</li> <li>Take :05R at each wall</li> <li>Note start time and finish time, then subtract :15 from your time to account for the rest at each wall</li> <li>Text me your final time!</li> </ul> <p>Main Set</p>

