ROYALS 2/STINGRAYS 1 (COACH DANI’S WORKOUTS)

Nov. 16-20

You’ll probably notice that the Warmup and Mini-Sets are the same as last week and the week before

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| Monday, Nov. 16 | Tuesday, Nov. 17 |
| Warmup* 150 FR/100 BK/100 BR – F=distance per stroke (SC#)
* 4 x 50 Lochte drill
* 4 x 50 One-arm FL (other arm @ side)
* 3 x 50 FR, descending 1-3 (use clock to check times)

Mini-Set* 12 x 25 sprint FL – F=hammies up!
* 8 x 25 FL K on back – F=flick toes

Main Set2 x:* 3 X 150 (25 inline, 50 6-kick switch, 75 BK) @3:00 (ln4)/3:15 (ln5)/3:30 (ln6)
* 4 x 25 sprint CH @:50
* Rest until top

Perfection Set:* 10 x 25 midpool (start in middle)@:40 working on BK turns – Focus on 3-4 UW kicks off each wall + transition!!!

Warmdown 200-300 yards | Warmup* 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)* 300 inline kick/SL kick x 25
* 8 x 25: 3-turn 25 (3 flips in the 25)

Mini-Set* 6 x 50 BK tempo (coach get SR) @:50/1:00
* 8 x 25 (start at wall, flip turn to your back in the middle & kick back to the starting wall) @:40

Main Set* 3 x 25 CH--one easy, one med, one fast @:30/:40
* Check HR –should be 30+ after fast
* 3 x 50 CH – same way @:50/1:00
* 3 x 75 CH– same way @1:15/1:30
* 3 x 100 CH– “ “ @1:45/2:00 (check HR if you have time)
* 3 x 125 FR:

1st one, SC#=13(ln4-5)/15(ln 6)2nd one, build x 253rd one, sprint all out* 200 FL K on back
* Go back down the “ladder” by 2 (ie 2 x 125, 2 x 100, 2 x 75, etc) but all is Freestyle on the way down

Warmdown 100-200 yards |
| Wednesday, Nov. 11 | Wednesday, Nov. 11 -- Cont. #1 |
| Warmup* 500 FR – SC# (Ln 4=13, Ln 5=15, Ln 5=16)
* 400 Medium speed – check HR every 100 (should be 27 every 100)
* 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!
* 200 BR K (on back)
* Ankle rolls
 | Mini-Set* 10 x 25 BR (9 strokes or less) – get times
* Vertical kick for 2 min doing BR kick; try to get to the kickboard! Do this 3 times

Main Set |
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| Thursday, Nov. 12 | Friday, Nov. 13 – combined at SHAC |
| Warmup* 4 x 200 IM (#1 is drill, #2 is swim FRIM, #3 is kick NB, #4 is swim FRIM)
* 8 x 25 FL kick on back – FAST!

Mini-Set🡪6 x 75 FR @2:00* Goal for Ln 4 is under :48 sec
* Goal Ln 5 –under :58 sec
* Goal Ln 6 –under 1:10

🡪4 x 1-minute SL Gravity Fighters(kick as hard as you can to prevent sinking after a SL jump)Main Set  | Warmup* 200 CH, long and strong
* 4 x 50 Kick @1:10 (2 x FL kick on back, 2 x FR inline)
* 4 x 75 EMF (first 25 SC#, 2nd 25 SC#+1, 3rd 25 SC#+2)
* 8 x 25 dead start + kick finish

Mini-Set* Broken 100 STR
* Take :05R at each wall
* Note start time and finish time, then subtract :15 from your time to account for the rest at each wall
* Text me your final time!

Main Set |