Wednesday: 11/11

|  |  |  |
| --- | --- | --- |
| Total: 2000 M | Lane 7 | Lane 8 |
| Warm Up | * 4x25s HR 24, 24-26, 26-28, 28+
* 4x50s HR 24, 24-26, 26-28, 28+
* 4x100s HR 24, 24-26, 26-28, 28+
 | * 3x25s Easy, Medium, Fast
* 3x50s Easy, Medium, Fast
* 100 Build
 |
| Focus Set | * 2x4x25s SL K, Inline, 6 K Switch, Full Stroke
 | * 4x25s SL K, Inline, 6 K Switch, Full Stroke
 |
| Main Set | * 10x50s PERFECT FR @1:10 (Perfect Stroke, Break outs, Push offs, SL, turns, finishes)
 | * 6x50s PERFECT FR @1:30 (Perfect Stroke, Break outs, Push offs, SL, turns, finishes)
 |
| Kick Set | * 8x50s FL/FR K @1:45 FL focus kicking both directions, FR is FAST
 | * 6x50s FL/FR K @1:45 FL focus kicking both directions, FR is FAST
 |
| Cool Down | * 200 CH Cool Down
 | * 100 CH Cool Down
 |

Thursday: 11/12

|  |  |  |
| --- | --- | --- |
| Total: 2150 | Lane 7 | Lane 8 |
| Warm Up | * 200 IM K
* 200 IM Drill
* 200 IM Speedplay
 | * 100 IM K
* 100 IM Drill
* 100 IM Build within each 25
 |
| Focus Set | * 8x25 Midpool 1 Turn for each stroke and transition, 1 CH (FL, FL/BK, BK, BK/BR, BR, BR/FR, FR, CH)
 | * 8x25 Midpool 1 Turn for each stroke and transition, 1 CH (FL, FL/BK, BK, BK/BR, BR, BR/FR, FR, CH)
 |
| Kick Set | * 6x75 FL/BR/FL K @ :10 seconds rest, FL is fast, BR is recovery
 | * 4x75 FL/BR/FL K @ :10 seconds rest, FL is fast, BR is recovery
 |
| Main Set | * 8x75 IM Drop Offs @ :15 seconds rest, Focus on turns and breakout (FL/BK/BR, BK/BR/FR, BR/FR/FL, FR/FL/BK)
 | * 8x75 IM -FR @ :15 seconds rest, Focus on turns and breakout (FL/BK/BR by 25)
 |
| Cool Down | * 200 CH Cool Down
 | * 100 CH Cool Down
 |

Friday: 11/13

|  |  |  |
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|  | Lane 7 | Lane 8 |
| Warm Up | Meet Warm Up:* 200 CH Long and Stretch
* 200 Broken Speedplay
* 2x50s SL K/Inline
* 2x50s CH Drill
* 4x25s Midpool Turns
* 2x25s Build to Fast Finish
* 2x25s Sprint to Far Flags
 | Meet Warm Up:* 200 CH Long and Stretch
* 200 Broken Speedplay
* 2x50s SL K/Inline
* 2x50s CH Drill
* 4x25s Midpool Turns
* 2x25s Build to Fast Finish
* 2x25s Sprint to Far Flags
 |
| Main Set | * 4x25s FAST from a push for time (use the pace clock)
* 50 Easy
* 2x50 FAST from a push for time (use the pace clock)
* 50 Easy
* 1x100 FAST from a push for time (use the pace clock)
 | * 4x25s FAST from a push for time (use the pace clock)
* 50 Easy
* 2x50 FAST from a push for time (use the pace clock)
* 50 Easy
* 1x100 FAST from a push for time (use the pace clock)
 |
| Cool Down | * 4x50s HR below 24
 | * 4x50s HR below 24
 |