ROYALS 1/STINGRAYS 1 (COACH KATE’S WORKOUTS) – Nov. 13 – 21

**TO PARENTS:** First, thank you so much for all you do for this team and supporting your swimmer. I truly appreciate it! Especially during these times. Thank you for sticking with my while we figure new ways to adjust.

If your swimmers do go and swim laps, help them and hold them accountable with what is in the workout. Many of our swimmers are close to state and should still be pushing themselves as hard as if I were on deck with them.

**Friday, November 13**

Warm up:

* 200 swim CH
* 4x50 drill FR 1) wrist drag 2) fingertip drag 3) catch up 4) 11 & 1
* 4x50 build 1-4

Kick set:

* 4 x150 kick IMO. @:20second rest between each 200. Focus on keeping kicks constant and steady for entire 200.

Technique Set:

* 4x100 FR drill
  + Breathing every 5,3,1 by 25
  + 11 o’clock & 1 o’clock. Focusing on long roll and reach. Remember don’t swim flat.
  + Fingertip drag
  + Fists
* 200 FR focus on tight streamlines off each wall and breathing every 3 strokes.

Sprint Set:

* 5x50 1@1:05, 2@1:00, 2@:50
* 2x100 @1:45

Cool down:

200 swim CH

**Monday, November 16**

Warm up:

* 200 swim CH
* 4x50 d/s IMO
* 4x50 k/s IMO

Kick set:

* 10x75 BK, BR, FL, FR, FR, FL, BR, BK, 2 CH

Technique Set:

* 10x 50 CH drills
* 4x75 IMO build per 25 ( 75 Fl, 75 BK, 75 BR, 75 FR)

Sprint Set:

* 16x25 IMO sprints @1:00

Cool down:

200 swim CH

**Tuesday, November 17**

Warm up:

* 200 swim CH
* 4x50 drill BK
* 4x100 backend build. This means the last half of each 100 gets faster
  + 1x100 last 25 is sprint
  + 1x100 last 50 is sprint
  + 1x100 75 sprint
  + 1x100 entire 100 is sprint

Rest 2:00

Kick set:

1x200 BK kick

1x100 FL kick

1x100 BR kick (pullouts on every wall)

Sprint set:

20x25 sprint @10seconds rest

Cool down:

200 swim CH

**Wednesday, November 18**

-Warm Up:

- 200 Choice easy

- 4x50 Drill Freestyle (One of them needs to be catch up)

- 4x50 Stroke Count # (Needs to be less than 19 per 25)

-Kick Set:

- 2x200 Free/Breast Kick

-Technique Focus:

- 4x50 Fly Drills

- 2x100 Fly. 15 sec. rest.

- 4x50 Free drills

- 2x100 Free. 10 second rest.

-Sprint Set:

- 5x50 @0:50, 1:00, 1:10

- 2x100@1:35, 1:50, 2:05

Cool Down:

* 200 Free

**Thursday, November 19**

-Warm Up:

- 200 Choice easy

- 4x50 Drill Freestyle

- 4x50 Stroke Count # (Needs to be less than 19 per 25)

-Kick Set:

- 2x200 FL/BR Kick

-Technique Focus:

- 4x50 Fly Drills

- 2x100 Fly. 15 sec. rest.

- 4x50 Free drills

- 2x100 FL. 15 second rest.

-Sprint Set:

- 10x50 @20 seconds rest

Cool Down:

* 200 Free