

60th day- Br/Kick | WVA  
Tue Nov 10 '20 - 6:00 pm 25 Yards  
Default interval: 1:30 per 100

---

Warm-up

400 free @ 7:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :30 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Pre-set

8 x 100 IM @ 1:45

Mainset

2x

3 x 100's Br @ 3:00 w/ snorkel as kick/front scull/midline scull/separation drill  
1 x 200 Br @ 4:30 breast as 50 kick/50 drill [3kicks/1Pull]  
10 x 50 Br@ :50  
1 x 100 Fr EZ @ 2:45

1x[All Breaststroke kick]

3 x 100's kick last 25 fast on 2:45  
4 x 25's kick all out on :50  
2 x 100's kick negative split on 2:45  
4 x 25's kick all out on :45  
1 x 100's kick last 75 fast on 2:45  
4 x 25's kick all out on :40  
1 x 500 Fr @ 7:30

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 Meditational swim

Warm-up

400 free @ 7:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :30 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Pre-set

8 x 100 IM @ 1:45

Mainset

2x  
1 x 100 FL @ 1:30/1:40  
1 x 50 FL Kick @ :40/:50 [on Back]  
1 x 100 Bk @ 1:30/1:40  
1 x 50 Bk Kick @ :40/:50  
1 x 100 Br @ 1:40/1:50  
1 x 50 Br @ :50/1:00  
1 x 200 IM @ 3:30 [descend]

Rest

2x  
10 x 25 Fr @ :30 [ dolp kick to half/  
10 x 25 Fr Kick @ :30  
Rest 1:00  
3 x :30 Vertical jumps  
Rest  
6 x 100 IM @ 1:40  
Rest  
10 x 25 UW @ :45 [one breath only]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 Meditational swim

58th day- Distance | WVA  
Fri Nov 06 '20 - 2:50 am 25 Yards  
Default interval: 1:30 per 100

---

Warm-up

400 free @ 7:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :30 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Pre-set

8 x 100 Ch Kick @ 1:55

Mainset

T-60 Swim [must swim 50 2nd best stroke after every 100 you do, not free]  
1 x 10 min Fr Kick [fast down/eZ back]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

57th day- KICK butt day | WVA  
Thu Nov 05 '20 - 2:41 am 25 Yards  
Default interval: 1:30 per 100

---

Warm-up

400 free @ 7:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :30 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Pre-set

8 x 100 Fr @ 1:20

Mainset

8x [odds=free, evens= 2nd strongest kick not free]  
2 x 50 Kick @ :50  
3 x 100 kick @ 1:40  
1 x 100 Free @ 3:00

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

Warm-up

400 free @ 7:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :30 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Pre-set

16 x 25 U/W Dolp @ :40 [must get to 15yrd marker]

Mainset

5x  
1 x 50 @ 3:00 [All Out: Maintain between :25 to :33]  
50 recovery after you are done with 50, perfect tech  
1 x 75 @ 6:00 [All Out; Maintain between :37 to :45]  
100 recovery after you are done with 75, perfect tech  
1 x 500 Fr(k) @ 11:00 [build to fast]  
1 x 500 Fr(s) @ 8:30 [be within :20 of p/b]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

Warm-up

400 free @ 7:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :30 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Pre-set

16 x 25 U/W Dolp @ :30 [must get to 15yrd marker] fins

Mainset

1 x 400 IM @ 5:15  
4 x 50 FL @ 1:00 [des 1-4]  
Rest  
1 x 400 IM @ 5:15  
4 x 50 Bk @ :50 [des 1-4]  
Rest  
1 x 400 IM @ 5:15  
4 x 50 Br @ :50 [des 1-4]  
Rest  
1 x 400 IM @ 5:15  
4 x 50 Fr @ :40 [des 1-4]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

54rd day- Free Distance | WVA  
Mon Nov 02 '20 - 6:00 pm 25 Yards  
Default interval: 1:30 per 100

---

Howl at the Moon Warm-up

400 free @ 8:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :45 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Pre-set

8 x 100 fr(k) @ 1:50

Mainset

2x  
5 x 100 Fr @ 1:40 [Descend 1-5 to FAST]  
10 x 50 @ 1:00 [Odd - Freestyle build / Even - backstroke]  
1 x 200 Ch Kick @ 4:00  
1 x 500 Fr @ 8:00 [Negative Split 2nd half, 2nd round faster]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

Warmup

400 free @ 8:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :45 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Preset

30 x 25 dolphin kick on back @ :30

Mainset [If some don't make interval, they take a 10 sec rest.]

3x

1x100 IM @ 2:15 [60% effort]  
1x50 Freestyle EZ @ 1:15  
1x100 IM @ 2:15 [70% effort]  
1x50 Freestyle EZ @ 1:15  
1x100 IM @ 2:15 [80% effort]  
1x50 Freestyle EZ @ 1:15  
1x100 IM @ 2:15 [90% effort]  
1x50 Freestyle EZ @ 1:15  
1x100 IM @ 2:15 [100% effort]  
1x50 Freestyle EZ @ 2:00

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]



Warmup

400 free @ 8:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :45 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ 2-2-1]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Preset

8 x 100 Fr(k) @ 1:55

Mainset [If some don't make interval, they take a 10 sec rest.]

4x [Do one round for each stroke- FL,BK,Br,Fr]  
1 x 25 St @ :30  
1 x 75 Fr @ 1:00  
2 x 25 St @ :30  
1 x 50 Fr @ :50  
3 x 25 St @ :30  
1 x 25 Fr @ :30  
4 x 25 St @ :30  
1 x 50 Fr Ez @ 1:30  
1 x 50 St [For Time from Blocks]  
Rest

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

Warmup

400 free @ 8:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :45 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ Rt arm down, Left arm back]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Preset

8 x 100 Fr(k) @ 1:55

Mainset [If some don't make interval, they take a 10 sec rest.]

15 x 50 IM @ 1:00 [25Fl/25bk: 200IM Race Pace]  
1 x 200 @ 5:00 [25Fr/25IMO]  
15 x 50 IM @ 1:00 [25bk/25br: 200IM Race Pace]  
1 x 200 @ 5:00 [25Fr/25IMO]  
15 x 50 IM @ 1:00 [25br/25fr: 200IM Race Pace]  
1 x 200 @ 5:00 [25Fr/25IMO]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

48th day-Distance Free | WVA  
Fri Oct 23 '20 - 6:00 pm 25 Yards  
Default interval: 1:45 per 100

---

Warmup

400 free @ 8:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :45 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ Rt arm down, Left arm back]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Preset

8 x 100 Fr(k) @ 1:55

Mainset [If some don't make interval, they take a 10 sec rest.]

2x

5x100 free swim @1:30 (Round 2: 1:20)  
4x200 free swim @2:50 (Round 2: 2:40)  
3x300 free swim @4:20 (Round 2: 4:00)  
2x400 free swim @5:50( Round 2: 5:40)  
1x500 free swim @7:00 (Round 2: 6:40)

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

Warmup

400 free @ 8:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :45 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ Rt arm down, Left arm back]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Preset

8 x 100 Fr @ 1:25

Mainset [If some don't make interval, they take a 10 sec rest.]

Set 1

30 x 50 Br @ 1:00 [200 pace= Target 1/4 of your fastest 200 time; i.e 2:14=33.5]

4:00 Rest

Set 2

30 x 25 FL @ 1:00 [100 Pace=Target 1/4 of your fastest 100 time; 1:00=0:15]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

46th day-Backstroke | WVA  
Wed Oct 21 '20 - 6:00 pm 25 Yards  
Default interval: 1:45 per 100

---

Warmup

400 free @ 8:00 [Drill25/swim25]  
400 Kick :45 RI [IMO by 50's]  
2 x 25 Br @ :45 Pull [Front scull and midline scull]  
2 x 25 FL @ :30 Drill [ Rt arm down, Left arm back]  
2 x 100 IMO @ 2:20  
100 free @ 2:00 EZ

Preset

2x [1st with Fins, 2nd W/out fins]  
8 x 25 @ :45 [UDK- 2fr/2rt/2lt/2bk]

Mainset[If some don't make interval, they take a 10 sec rest.]

Set 1

300 Bk Pull [Buoy and Paddles; 25 CH, 50 Bk, 25 Ch, 50 Bk Fast] @ 5:30  
2 x 150 @ 2:30 [ 50 Bk, 50 Ch, 50 Bk Fast]  
3 x 100 Bk @ 2:00 [with paddles, build each one but be in 5th gear]  
4 x 75 Bk @ 1:45 [build]  
6 x 50 Bk @ 1:30 [paddles, descend 1-3; build 4-6]  
8 x 25 bk @ :45 [odds= ez, evens= fast]

2:00 Rest

Set 2

4x

200 bk kick @ 4:00

4 x 50 bk @ 1:15 [round 1= 1fast/3ez, round 2= 2fast/2ez, round 3= 3fast/1ez, round 4=1ez/3fast]

W/D

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

## **Workout**

1 x 400 @ 7:00 [75Fr/25 human Stroke]  
1 x 200 @ 4:45 [25 feet first scull/25swim]  
1 x 100 @ 2:00 [fish kick with fins]  
8 x 25 @ :45 [odds- Fly, evens-uw dolp kick]

### **Rest**

6 x 50 @ :1:00 [des ez to strong 1-3 Fr,4-6 FL]  
4 x 75 @ 1:05 [25fr/25FL/25Fr-Des 1-4]  
1 x 200 @ 3:30 [dolp kick on back arms to side]  
4 x 25 FL @ :30 [Build to 90%]

### **Rest**

5 x 100 @ 1:30 [FR, work on Flip turns with water flowing over the back before initiating turn]

### **Rest**

4 x 25 @ :45 [sprint, choice with fins]  
5 x 50 @ 1:00 [choice, perfect tech]  
4 x 25 @ :45 [Sprint Choice, no equip]

### **Rest**

1 x 300 @ 5:00 [25drill choice/25swim]

### **Rest**

5 x 50 @ 2:00 [sprint from a push- Choice]

### **Rest**

1 x 600 @ 10:00 [50FR/25Bk- Active rec swim]  
6 x 50 @ :50 [Choice, work on turns]

### **Rest**

1 x 50 @ 4:00 [Choice-Sprint from a dive]

### **Rest**

1 x 600 fr @ 10:00 with snorkle  
1 x 100 @2:00 [10 beat kick]  
1 x 50 @ 2:00 [25backward free/25 free swim]

## **Workout**

1 x 700 @11:00 [75Fr/25 Stroke]  
2 x 100 Fr @ 1:40 [25k/25rt/25lt/25swim]  
4 x 25 Fr @ :30 [odds-with fists, evens swim]

### **Rest**

10 x 25 @ :40 [kickouts to 15 fast]  
6 x 50 fr Kick @ :55 [des 1-6]  
6 x 75 fr kick @ 1:30 [25 ez kick/25 sprint kick/25 ez kick]  
3 x 100 Fr @ 1:30 [des 1-3, swim with overkick]

### **Rest**

3 x 50 fr pull @ :45 [breathe every 3]  
4 x 75 fr pull @ 1:05 [breathe every 5]  
2 x 25 fr pull @ :30 [breathe once]

### **Rest**

1 x 300 @ 4:30 [25fr/25dbl arm bk/25bk...]  
4 x 50 bk @ : 50 [des easy to strong & smooth]

### **Rest**

3x  
1 x 150 free @ 2:00 [50cruise/50build/50cruise]  
2 x 25 @ :30 [choice fast]  
1 x 100 @ 1:40 [hold best 100 time + 12sec]  
1 x 100 @ 1:40 recovery

### **Rest**

2 x 50 @ 1:00 [25br with dolphin kick/25 breast]  
1 x 100 @ 1:30 [free with 6 dolp kicks off each wall]  
2 x 50 @ :50 [25catchup/25 bk]  
2 x 75 @ 1:10 [free with 8 dolp kicks of each wall]  
2 x 50 @ 1:00 [25 fly dril-3-3-3/25 fly swim]  
3 x 50 @ :50 [free with 10 dolp kicks off of each wall]

### **Rest**

1 x 500 fr @ 8:00 with snorkle EZ

### **Warmup**

400 free @ 6:30 with Snorkel  
400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]  
2 x 25 Br :15 RI Pull [Front scull and midline scull]  
2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]  
8 x 50 IMO :10 RI  
100 free @ 2:00 EZ

### **Subset 1**

5 x 100 Fr(swim) @ 1:20  
rest 2:00 then get started on mainset

### **Mainset**

Focus: Sprint speeds: focus is to maintain a target time

3x[2 min rest after each round]  
6 x 25 fr @ :45 [ target is :11 to :15 depending on your level]  
4 x 50 fr @ 1:15 [target is :28-:35 depending on your level]  
2 x 75 fr @ 2:00 [target is :36-:45 depending on your level]  
1 x 100 fr @ 2:30 [target 1:00-1:15 depending on your level]

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]  
300 Fr @ 5:00  
1x50 meditational float on back



### **Warmup**

400 free @ 6:30 with Snorkel  
400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]  
2 x 25 Br :15 RI Pull [Front scull and midline scull]  
2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]  
8 x 50 IMO :10 RI  
100 free @ 2:00 EZ

### **Subset 1**

5 X :30 Vertical Fly kick[:15 sec rest]

### **Mainset [target 5-10 sec of p/b]**

6 x 100 Fr @ 2:00 [target 5-10 sec of p/b]  
6 x 100 Fr @ 1:50  
6 x 100 Fr @ 1:40  
6 x 100 Fr @ 1:30  
6 x 100 Fr @ 1:20

Rest 2:00

12 x 75 @ 1:20 [Ghost Walls]

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]  
300 Fr @ 5:00  
1x50 meditational float on back

### **Warmup**

400 free @ 6:30 with Snorkel

400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]

2 x 25 Br :15 RI Pull [Front scull and midline scull]

2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]

8 x 50 IMO :10 RI

100 free @ 2:00 EZ

### **Subset 1**

5 x 100 Fr or Br(kick) @ 2:00

### **Mainset**

Focus: Mid distance and some sprint speeds: of this set is aerobic capacity and getting to your top speed.

3 x 200 Fr @ 7:00 [50 recovery: Descend 1-3, keep track of time]

4 x 50 Fr @ 5:00 [50 recovery: All out, keep track]

4 x 25 Fr @ 4:00 [all out, climb out walk around, keep track]

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]

300 Fr @ 5:00

1x50 meditational float on back

### **Warmup**

400 free @ 6:30 with Snorkel  
400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]  
2 x 25 Br :15 RI Pull [Front scull and midline scull]  
2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]  
8 x 50 IMO :10 RI  
100 free @ 2:00 EZ

### **Subset 1**

5 x 100 Fr(swim) @ 1:25

### **Mainset**

2x

100 fly @ 2:00

75 fly @ 1:15

50 fly on :45

25 fly on :20

4 X 50 freestyle on :40 and keep them under 30 to keep the heart rate up, but allow them to get ready to fly again and we start back at:

75 fly @ 1:15

50 fly @ :30

25 fly @ :20

3 X 50 freestyle on :40

50 fly @ :45

25 fly @ :20

2 X 50 @ freestyle on :40

25 fly @ :20

1 X 50 freestyle on :40

10 x 25 Dolphin kick on back @ :30

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]

300 Fr @ 5:00

1x50 meditational float on back

### **Warmup**

400 free @ 6:30 with Snorkel  
400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]  
2 x 25 Br :15 RI Pull [Front scull and midline scull]  
2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]  
8 x 50 IMO :10 RI  
100 free @ 2:00 EZ

### **Subset 1**

5 x 100 Fr(swim) @ 1:25

### **Mainset**

Set 1

300 Br Pull [Buoy and Paddles; 25 CH, 50 Br, 25 Ch, 50 Br Fast] @ 5:30  
2 x 150 @ 2:45 [ 50 Br, 50 Ch, 50 Br, Fast]  
3 x 100 Br @ 2:15 [with paddles, build each one but be in 5th gear]  
4 x 75 Br @ 1:45 [build]  
6 x 50 Br @ 1:30 [paddles, descend 1-3]  
8 x 25 br @ 1:00 [odds= ez, evens= fast]

2:00 Rest

Set 2

2x

200 Fr kick @ 5:00

4 x 50 Br @ 1:15 [round 1= 1fast/3ez, round 2= 2fast/2ez, round 3= 3fast/1ez, round  
4=1ez/3fast]

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]  
300 Fr @ 5:00  
1x50 meditational float on back

### **Warmup**

400 free @ 6:30 with Snorkel

400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]

2 x 25 Br :15 RI Pull [Front scull and midline scull]

2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]

8 x 50 IMO :10 RI

100 free @ 2:00 EZ

### **Subset 1**

5 x 100 Fr(swim) @ 1:25

### **Mainset**

#1

30 x 50 FL @ 1:30 [All out, Drill, Kick]

#2

4 x 50 FL @ 1:40

1 x 50 FL @ 1:30

1 x 50 FL @ 1:20

1 x 50 FL @ 1:10

1 x 50 FL @ 1:00

1 x 50 FL @ :50

1 x 50 FL @ :40

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]

300 Fr @ 5:00

1x50 meditational float on back

### **Warmup**

400 free @ 6:30 with Snorkel  
400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]  
2 x 25 Br :15 RI Pull [Front scull and midline scull]  
2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]  
8 x 50 IMO :10 RI  
100 free @ 2:00 EZ

### **Subset 1**

4 x 25 Butterfly Drill @ :30 [3-right arm, 3-left arm, 3 full stroke]  
4 x 25 Backstroke Drill @ :30 [3-right arm, 3-left arm, 3 full stroke]  
4 x 25 Breaststroke Drill @ :40 [Done underwater: 3 breaststroke arm pulls with legs in streamline, 3 breaststroke kicks with arms in streamline, 3 full strokes underwater]  
4 x 25 Freestyle Drill @ :30 [3 full strokes and then glide and hold body balance and alignment until a complete stop, then repeat]

### **Mainset**

4 x 50 Butterfly @ :50  
3 x 100 25 Butterfly/75 backstroke @ 1:40  
2 x 150 Backstroke @ 2:15  
3 x 100 50 Backstroke/50 breaststroke @ 1:30  
2 x 150 Breaststroke @ 2:30  
2 x 125 50 Breaststroke/75 freestyle @ 2:15  
4 x 125 Freestyle @ 2:00  
1:00 rest [Extra rest to put on fins and paddles for next set]  
6 x 25 FAST Freestyle @ :30

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]  
300 Fr @ 5:00  
1x50 meditational float on back

30th Day- Fr Kick day | WVA  
Fri Sep 25 '20 - 6:00 pm 25 Yards  
Default interval: 2:00 per 100

---

### **Warmup**

400 free @ 6:30 with Snorkel  
400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]  
2 x 25 Br :15 RI Pull [Front scull and midline scull]  
2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]  
8 x 50 IMO :10 RI  
100 free @ 2:00 EZ

### **Subset 1**

5 x 50 @ 1:00 [25fl/25fr]

### **Mainset**

300 @ 6:00 Kick Increase the effort as you go and include more than one kick!  
12x50 fr Kick @ 1:10 [Fast]  
8x25 fr Kick @ :30 [SPEED KICK]  
150 fr Kick @ 3:00 [80% effort]  
8x25 @ :30 Fr kick with fins [SPEED KICK]  
150 Swim @ 3:00 - Your choice

30 x 25 Fr @ 2:15 [Sprints; from a start/climb out and walk back: focus breakouts]

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]  
300 Fr @ 5:00  
1x50 meditational float on back

### **Warmup**

400 free @ 6:30 with Snorkel  
400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]  
2 x 25 Br :15 RI Pull [Front scull and midline scull]  
2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]  
8 x 50 IMO :10 RI  
100 free @ 2:00 EZ

### **Subset 1**

5 x 100 Fr(swim) @ 1:25

### **Mainset**

2x

3 x 100 bk @ 1:50 Descend 1-3  
4 x 75 bk Kick @ 1:40 Descend 1-4 (build underwater kick by 25s)  
3 x 50 bk 200 Pace @ 1:00  
4 x 75 Fr [80% effort] @ 1:30

2:00 rest

5x

1 x 100 bk @ 1:50 Strong Build (working good turns & breakouts)  
2 x 50 bk @ :55 200 Pace  
1 x 100 Fr @ 2:00 EZ

### **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]  
300 Fr @ 5:00  
1x50 meditational float on back



## **Warmup**

400 free @ 6:30 with Snorkel

400 Kick :45 RI [IMO by 50's][Board and no board-Alternate Kick on back for FL & BR]

2 x 25 Br :15 RI Pull [Front scull and midline scull]

2 x 25 FL :15 RI Drill [ Rt arm down, Left arm back]

8 x 50 IMO :10 RI

100 free @ 2:00 EZ

## **Subset 1**

5 x 100 Fr(Kick) @ 2:00

## **Mainset**

### **T30 Swim**

Measure the distance the swimmer covers in a 30-minute continuous swim. It must be an honest effort by the swimmer to cover as much distance as possible using an even pace.

Use the pacing charts in Table 1 to find the 100 pace corresponding to the distance swum in the T30.

### **Timed 3,000**

Have the swimmer swim a 3,000 for time (or other distance that will equal approximately 30 minutes) with honest effort and even pace.

Use the pacing charts in Tables 2 or 3 to find the 100 pace corresponding to the time for the 3,000 swim.

5 minutes Rest

4x

5 minutes of vertical kicking, doing :30 seconds dolphin kick, :30 seconds freestyle kick.

Extra :30 seconds rest

10 x 25 swim @:40

100% sprinting to the 15y mark.

Pick a number of dolphin kicks and stick to it for each 25 (i.e if you do 6 off of the deep end walls, 4 off of the shallow end walls).

The key is ludacris speed. If you are getting too tired take extra rest. It's all about having race-quality breakouts.

No breathing to the 15y mark.

Swim easy to the wall

## **Warmdown**

6x25 :10RI [odds= Free/Evens=Choice no free]

300 Fr @ 5:00

1x50 meditational float on back