Gold Elite: 10/19/17

-Warm-Up: (1000)

-1x400 Free perfect stroke with snorkel: work on perfect breakouts

-12x50 @1:00 IMO 25 drill/25 swim

Kick Set/Pre-set: (1100)

2x: Round 1: Board, Round 2: no board

1x100 @1:45/1:50/2:00 50 fly/50 back

1x100 @1:45/1:50/2:00 50 back/50 breast

1x100 @1:45/1:50/2:00 50 breast/50 free

1x200 IM kick all out on back

3x

3x25 @:40 Kick race: choice

1x25 @:40 Swim Race: choice

Main Set: 1900

4x250 @3:50/4:00/4:10 Bulge IMs(100s are hard, all 50s are negative split)

2x

3x50 @1:00 IM transition: 200 pace (Round 1: fly/bk Round 2: Breast/Free)

4x25 @:45 IMO all out race

1x200 @3:00/3:10/3:20 IM strong

\*No last round for Jonathan/Thomas

Fly Set: (1000)

-3x50 @1:00 25 hands up kick/25 1 pull 4 kicks

-3x50 @1:00 2/2/2

-2x50 @1:00 Dolphin

3x w/fins, Last round no fins

2x25 @:35 Fly: emphasize kicking forward

2x25 @:35 Fly: emphasize kicking back

1x50 @1:00 Kicking in both directions

Gold Elite Practice: 11/6/17

-Warm-up: (1700)

-3x200 @:10 rest w/ snorkel: 50 rotation kick/50 one arm/50 double tap/50 swim

-2x200 @:10 rest 50 open book/50 swim

-6x50 @1:00 25 short dog/25 long dog

-4x75 @1:30 25 low/25 high/25 fast

-4x25 @:30 Kick fast: Goal: under 20s

-Pull/Kick set: (1200)

3x

1x200 @2:45/3:00 Pull strong (Snorkel optional)

2x100 @1:45/2:00 Kick w/ snorkel strong

Main Set: (2700/2400/2200)

-12x100 @1:15/1:20/1:25 Negative Split: Make interval by 7-10 seconds (Snorkel optional)

-1:00 break

-3x400/500\* @6:00/7:00 Best Average

\*Distance Group is 500

Sprint Group:

(Sam, Max, Jonathan, Thomas, Howard)

2x

Round 1: No equipment

Round 2: Paddles and Fins

-4x25 @:45 All out sprint free (1 breath)

Gold Elite Practice: 11/9/17

-Warm-up: (1100)

-1x400 Free: shallow end: jump open turns, Deep end: UW turns

2x

1x100 @1:50/2:00 Back streamline fast

4x25 @:35 Max UW

:15 rest to put snorkel on

6x25 @:30 Shooter kick to black line, carry kick to swim.

Breast Set: (1000)

-3x100 @:10 rest 50 kick with buoy/50 kick on back with board

-6x50 @1:00 25 pull glide 1 second kick/25 fast and long

-4x50 @1:00 Alternate one arm fly/breast

-4x50 @1:00 Perfect breast

Main Set: (2100)

**-1x300 @4:30/4:45 25 Fly/25 Free (Fly is fast)**

*-12x25 @:30 Fly Strong (200 pace)*

-1x100 @2:00 Fly Fast

**-1x300 25 Back/25 Free (Back is fast)**

*-4x75 @1:15/1:20 Backstroke: increase tempo by 25 to all out*

-1x100 @2:00 Fast Backstroke

**-1x300 @4:30/4:45 25 Breast/25 Free (Breast is fast)**

*-6x50 @1:00 Breast: D1-3, 4-6 Hold Stroke count*

-1x100 @2:00 Breast Fast

Gold Elite Practice: 10/23/17

***I don’t focus on what I’m up against. I focus on my goals and I try to ignore the rest.***

-Warm-up: (1500)

-3x300

1. 50 rotation kick/50 3 count kick

2. 50 one arm/50 perfect

3. 50 double tap/50 perfect

-8x50 @1:10 from middle: 10 second scull, sprint 37.5, easy 12.5

-8x25 @:40 Free sprint: odds flip in middle and end to fast turn, evens for time

-Kick Set:

1x2:00 vertical kick

1x2:00 15 hands/15 streamline

4x :30 on :15 off Streamline

-1x200 all out kick with board

6x:30 on :15 off vertical kick with med ball toss

-1x100 all out kick with board

Main set: (1900-2300)

\*3x300 @4:00/4:15 Negative split and descend

\*Distance Group: 3x400 @5:00 negative split and descend: Matthew, Anthony, Noah, Jack

6x100 @1:45 At critical speed

1x500/400 Under goal base: 1:10, 1:15, 1:20

Critical Speed:

**Goal 200 free times**

Under 2:00: 1:02-1:06

2:00-2:05: 1:04-1:08

2:05-2:10: 1:06-1:10

2:10-2:15: 1:09-1:13

-Fly Set: adjusted depending on time

-3x50 @1:10 Dolphin drill w/paddles and buoy

-6x25 @:40 Fly pull

-6x50 @:55 perfect fly with fins

-4x25 @:40 Fast/perfect fly

Gold Elite Practice: 10/16/17

-Warm-up: (2500)

-3x200 @:10 rest 50 one arm/50 swim

-3x100 @:10 rest 50 pump drill/50 double tap

-2x100 @:10 rest 50 short dog/50 long dog w/buoy

-4x100 @1:30 Pull strong

-4x50 @1:00 Shark kick (snorkel)

-4x50 @1:00 ½ shooter kick ½ swim with strong kick (snorkel)

-4x50 @1:00 Free breath every 3, pause in breathing position for 2 seconds and kick hard

-16x25 @:35 Free: Odd build, even: sprint. First 8 with snorkel

Main Set: (2200)

1x200 @4:00/4:30 All out fast kick

3x300 @3:45/4:00/4:15 Negative split free

1x200 @4:00/4:30 All out fast kick

3x100 @1:20/1:30 Descend 1-3

1x200 @4:00/4:30 All out fast kick

\*4x100 @1:20/1:30 Descend 1-4, descend to 3 faster than 3 on 4

Gold Elite Practice: 10/2/17

-Warm-Up: (2500) 50 Mins

-2x300 100 perfect/50 catchup w/ strong kick, all with snorkel

-6x100 @1:30 Pull with paddles, D1-3, 4-6: focus on hand entry/and proper catch

-4x50 Short dog/Long dog

-4x75 @1:30 50 pump drill/25 perfect swim

-4x50 @1:00 Pull w/ paddles on forearms

-4x50 @1:00 hip, shoulder, head tap/swim

16x25 @:30 2 3 second switch w/ strong kick, 1 build to sprint, 1 half fast. W/ snorkel

4x50 @1:00 25 perfect/25 sprint: 6 UW kicks off each wall

Main set:

4x

1x100 @1:45/2:00 Kick Strong

1x300 @3:45/4:00/4:15 Negative Split, 3 UW kicks, solid breakouts, hold stroke count

1x100 @2:00 All out kick