SR Silver Fly/Bk/Fr SCY 6.7K AM

400 Choice 8x50@ 1:10 (25FK/25 BK Kick)

6x200@ :15r 3 w/fins, 3w/o fins (100Fl/100Bk- 50BPK/50D)

16x100 Quarters

4@ 1:30 Fl/Bk, 4@ 1:25 Bk/Fr, 4@ 1:25 Bk/Fl, 4@ 1:20 Fr/Bk

1x:

12x25@ :25→ 1x200@ 3:30 Kick FAST → 1x300@ 3:45/4:00 Pull 50bk/50fr (Build w/in 100s)

10x25@ :30→ 2x100@ 1:45 Kick FAST→  1x300@ 3:45/4:00 Pull 75bk/75fr (Build w/in 75s)

8x25@ :35→ 4x50@ :55 Kick FAST→  1x300@ 3:45/4:00 Fr Pull 25bk/25fr (Build w/in 50s)

6x25@ :40→ 8x25@ :30 Kick FAST→  1x300@ 3:45/4:00 Fr Pull Fast! Choice bk or fr

→ All 25s Fly

200Ez

SR Silver Bk/Br/Kick SCY 7.3K AM

400 Choice 4x(:30/:30) Br K on Wall (Goal=30K min)

2x: 4x50@ :50/:55/1:00 Bk K Best Avg → 6x25@ :35 Br Surf K

2x100@ 1:50/1:55/2:00 Bk K (Goal= under 1:30/1:35/1:40)

4x50@ :50/:55/1:00 Br K Best Avg → 6x25@ :35 Fr Surf K

2x100@ 1:50/1:55/2:00 Br K Best Avg (Goal= under 1:40/1:45/1:50)

→ Focus on core involvement and body line in Bk K!

4x: 3x50@ 1:00 Drill → 3x25@ :30 Strong

→ Odds-Bk(8k switch, SA, Catchup); Evens-Br (Br+Fl K, 2FL/2BR, 2K/pull)

2x: 6x100 Fr Swim Desc (2@ 1:15, 2@1:10, 2@ 1:05) [+:5/+:10]

3x150@ 2:00/2:10/2:20 Bk Pull Best Avg

9x50@  Fr Swim (3@ :45, 3@ :40, 3@ :35)

6x50@ :50/:55/1:00 Br Pull Best Avg

200 Ez

SR Silver FR/PS SCY 6.1K AM

400 Choice 6x25@ :45 (Odds-FK, Evens- BK Underwater Fast

3x: 3x50@ 1:05 (1-BPK, 2- SA, 3- 6K Switch w/ Scull)

2x100@ 1:40 BK (50 3scoop, 50 Build)

6x200@ 2:30/2:40 [100Bk/100Fr] (2 Smooth, 2@ 75%effort, 2@ 90%effort)

→ 1x50@1:00 Ez

→ 6x50@ 1:00 [25 Drill/25 Blast]

4x200@ 2:40/2:50 (2@ 90%effort, 2 Max effort)

→ 1x50@1:00 Ez

→ 6x50@ 1:00 [25 Drill/25 Blast]

2x200@ 3:00 MAX EFFORT!→ 1x50@1:00 Ez

8x125@ 2:10 FR K BA

200Ez

SR Silver BR/IM SCY 7.0K AM

400 choice      4x25@ :30 BR BPK   6x50@ :55 Br w/fins (3- W/ Fl K, 3- w/ Fr K)

8x75@ 1:20 BR (50D/25B) (2K/pull, 2FL/2BR, 3-2-1 Glide, 25 Surf K → 25 tempo)

2x:

3x75@ 1:05/1:10 (50Fl/25Bk, 50Bk/25Br…) TURNS AND TRANSITIONS!!!

5x25@ :35 BR (odds-12.5 surf kick/12.5 swim, evens- 3 strokes w/Fr K/ swim)

3x225@ 3:00/3:15 IM w/50Fr→ 25 DPS @ :40

6x50@ :45 IM Trasitions (12.5/25/12.5) Race walls

25x100 (5@1:15/1:20/1:25 Pull, 5@ 1:45/1:50/1:55 Kick, 5@ 1:20/1:25/1:30 IM, 5@ 1:45/1:50/1:55 Kick, 5@1:15/1:20/1:25 Pull)

SR-Silver Distance SCY 7.1K AM

400 Choice

2x: 2x200@ 2:40/2:50 [50stroke/100FR/25stroke/25FR] (race stroke)

2x25@ :30 [15m Blast kick]

20x50 [3@ 45/:50, 3@ :40/:45, 3@ :35/:40, 1@ 1:00]

Main:

3x: 1x400@ 4:45/5:00 Free Cruise

6x100@ 1:20/1:25 desc. to mile pace 1-3, 4-6

4x50 @ :40/:45 Mile pace

→ (Rd 2- 4x100/6x50, Rd 3- 2x100/8x50)

3x100@ 1:35 K/S

1x1000 For time

4x50@ 1:00 Ez

Sr-Silver BK/IM SCY 5.7K AM

400 Choice 8x25 BK (25 SL K/25 BPK)

3x300@ :15r (100BK Pull/200IM [25D/25B])

2x: 2x50@ :50 FL (200p)

3x150@ 2:15 (BK/BR/FR) BA → 1x200@ 3:45 Kick (15m blast/35steady)

2x50@ :50 BK (200P)

2x200@ 3:15 BA (25BR w/FR K Tempo/25FR Overkick)

→ 1x200@ 3:45 Kick (15m blast/35steady)

2x50@ :55 BR (200P) → 6x50@ :35 FR Fast

Bookend, Partner Up!

Cooldown