



**A COMPLETE
SEASON OF DAILY
WORKOUTS FOR
SWIMMERS!**

ELITE SWIMMING WORKOUT

2019-2020

METERS EDITION

KALINOWSKI

**Elite Swimming Workout
2019-2020
METERS Edition**

Elite Swimming Workout 2019-2020 Meters Edition

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For my daughters, Elena and Emilia

Special Shoutout to all the coaches who I've worked with over the years, who have inspired many of the sets in here.

Kyle, Dave, Erica, Dave, Justin, Rocky, Rick, here's to you.

Welcome to Elite Swimming Workout 2019-2020!

Before we get started, just brief note about myself. Ive been swimming now for 25 years, and although I am officially retired from competition, it's something that's truly engrained into who I am. Through the years, I have practiced with all types of people and teams. Ive trained and competed against Olympians and gold medalists, and cut my teeth against some of the fastest swimmers on the planet.

As a teenager, I was a full-on distance swimmer, winning state championships in the 1650. I eventually moved over to mid-D, setting multiple school records in events like 500 and 200, all while maintaining a healthy love of sprints. In college, I transitioned to full time sprinting, breaking numerous school records, and eventually becoming the Division 1, 50 freestyle Horizon league champion, setting the 50 record for the meet (which was then broken again soon after 😞).

After graduating from Milwaukee in 2012, I took a short break, before getting back into it and competing again at the US Open in 2013.

Swimming is a hard sport, there is no getting around that. Part of the difficulty is the amount of time that needs to be invested to keep up with ones training. After starting a family, I found it was quite difficult to find the time to make it to Masters workouts, which led me to train quite a bit by myself. Thats where this book comes in.

The resources out there seem to be very limited when it comes to workouts for top tier athletes, especially if you are swimming with no coach. Most training regimes you find online feel quite random and it can be quite difficult to find an Olympic-level workout for the seasoned swimmer.

That being said, this doesn't *have* to be for an Olympic-caliber athlete. If you find the times are too fast, use the slower interval listed on the sheet. If its still too little, the intervals can easily be adjusted by adding 10-20 seconds per set.

All in all, what you'll find here is a season's worth of workouts, for the motivated athlete. Each has been custom crafted to fit a specific mold, and they are all reminiscent of the top-tier workouts I experienced throughout my college career.

Each training session is designed for a specific day for the 2019-2020 college season, and maintains a single day off per week (Sunday).

Hope you enjoy!

GLOSSARY of TERMS

FR: Freestyle

BK: BackStroke

BR: BreastStroke

FL: Butterfly

JMI: Just Make the Interval

SKIMPS: Swim, Kick, IM, Pull, Swim

200 SKIMPS means 200 swim, 200 kick, 200 IM, 200 Pull, 200 Swim

Choice: Your choice of Stroke

Stroke: Your main Stroke

IM: Individual Medley (Fly, Back, Breast, Free)

IMO: see above

RIMO: Reverse IM Order (Free, Breast, Back, Fly)

Broken: Break the distance per instruction.

(Broken 100 - Break at the 50 for the specified amount)

(Broken 200 - Break at the 100 for the specified amount)

(Broken 500 - Break after each 100 for the specified amount)

Technically, these correlate to your heart rate, but in this format its easier to understand by effort/speed:

Clear: 0% Easy pace

White: 25% Casual effort

Pink: 50% Half effort

Red: 60-70% Hard effort

Blue: 80-90% Fast pace

Max: 100% MAX pace

Negative split: Second half must be faster than the first half

Build: Slowly raise effort and speed as you go

Accelerate: Max effort breakout + 4 Strokes, rest of the length is easy

Underwater: Swim the length underwater with no breathe

DPS- Distance per Stroke. Try to minimize your stroke count.

BP- Breathing pattern (BP - 5 means one breath every 5 Strokes)

RB- Restriction Breathing (RB:2 Means 2 breaths total for the length)

RB:0- No breath this length

3:40/4:00/4:20 - (Multiple intervals) - Choose one interval for the set that works for you. Left most interval is the most challenging.

4 x 200 Free/Back @ 3:00 /3:30 -Four 200's, your choice of Free or back. You pick the interval for the whole set, either 3:00 or 3:30

3 x {ITEM} - The item in the brackets will be done 3 times

(1:00)- One minute rest

Reduce:1 - reduce Stroke count by allotted amount per length.

Best Average: Maintain the fastest speed you can for the duration of the set. For example, 5x100 best average - If the best you can hold is 1:10a, then hold that time for the full 5 x 100's

Goal Pace: Take either your goal time for the specific event, or your best time for the event and add the specified amount to it to get your time.

Drills

Descend, D1-4 - Descend your time. D1-4 means the 4th one should be the fastest

Ascend: Start fast and then slow down

Catchup-(Freestyle, BackStroke). Start in streamline position with a steady kick. Perform a front crawl Stroke where your hands touch before the next hand begins its motion

Heads up - (Freestyle) Keep your head out of the water

Fingertip - (Freestyle) Drag your fingertips on the surface of the water

Singlearm - (Freestyle, Butterfly, Back) Only use One arm. Reverse arm on the length back

2K, 1P - (BreastStroke) - Two kicks for every One Pull

Breast w/ DK (BreastStroke) - BreastStroke with Dolphin kick

Breast w/ FK (BreastStroke) - BreastStroke with Flutter kick

Double arm back (BackStroke) - BackStroke with concurrent double arm pull

Fist (Freestyle): Freestyle with a fist rather than an open palm

HOW TO READ THE WORKOUT

Tuesday, September 24nd, 2019

400 Free
200 Kick
400 RIMO
200 (100 Dbl arm back/50 Choice/50 kick)

8 x 50 (25 kick no board/25 swim) @ :100
4 x 75 (25 fist drill/25 swim/25 build) @ 1:20

Distance

3 x (500 + 100 easy)

#1 White

#2 Build each 100 to Red

#3 Last 25 of each 100 only 2 breaths

6 x (200 + 50 easy)

#1-2 IM Swim

#3-4 Kick Red

#5-6 Swim Red

10 x (100 + 50 easy)

#1-5 Hold 1000 Goal Pace +3

#6-8 Hold 1000 Goal Pace +2

#9-10 Hold 1000 Goal Pace +1

Sprint

4 x 125 @ 1:50

(75 build each turn, 3 strokes no breath off wall)

6 x 25 accelerate @ :30

15 x 100 @ 1:30/1:40

#1-5 Negative Split (White/Blue)

#6-10 Descend to MAX

#7-15 Hold Best Average

1 x 300

2 x 200 @ 2:40

1.

Warmup (For everyone)

Mid D Free/Back/Breast

3 x (400 + 100 easy)

Back & Breast (2) W, P

Free 2W,P

4 x (200 + 50 easy)

(50 Kick R, 150 Swim Descend to R)

5 x (100 + 50 easy)

Hold Goal 500 Time +3

Hold 200 Goal Time +2

2 x through

4 x (50 + 50 easy)

Hold 200 Goal Time

2.

After the warmup, Pick ONE category that best fits your expertise. This is your main set

IM

4 x (300IM + 100 easy)

White-Pink

4 x (100(50 Free/50 Fly) + 50 easy)

Free=Pink, Fly=Red

4 x (75 Back + 25 easy breast)

D 1-4 to Blue

4 x (50 Breast + 50 easy)

Hold Red

Equipment needed:

Clock: Intervals will be tough to make without keeping track of time

Swimsuit: Public swim pools seem to frown on nude workouts.

Drag-suit: I swore by one. Slows you down by a small amount. Drag-suit comes off when its time to get serious.

Cap: Keeps your loose hair out of the pool.

Water Bottle w/water: Hydro homies stick together. Hydration is key.

Board: Everyone's favorite mid-workout surfboard. Used for kicking sets. And there'll be lots of 'em!

Fins: Get a size that fits, and that won't fall off when you kick hard or do flip turns. I prefer the longer ones over the short and stunt fins.

Paddles: Expands the size of your hands, to work on your pull. Get a size that works for your hand, I wouldn't recommend going overboard with the monster sized ones.

Buoy: To put in between your legs and to stop kicking, and for rotations. Bread and butter of swim workouts.

Chutes: Strap it to your waist and significantly increase the resistance you feel in the water. Must have for sprinters.

Med Balls: Like a basketball, but heavy. Provides just the right medicine you need to get your muscles in shape.

***All the of the workouts are designed for a standard 25 Yard pool**

Week of September 2nd

Monday, September 2nd, 2019

20 Min Run

10 x Burpees

10 x Squats

Abs

1:10a Front Body Hold

10 x Each Leg Bend Towards Chest

(:30 off)

10 x Leg Lift To Side

(:30 off)

1:10a Front Hold

(1:00)

10 x Back Kicks Each Leg

1:10a Sec Front Body Hold

(:30 off)

10 x Each Leg Lift Keeping Hips up

45 Sec Back Hold

(1:00)

Tuesday, September 3rd, 2019

Warmup

15 Min Run

Med Balls

Overhead Pass @ 1:10a/:30

Chest Pass @ 1:10a/:30

Throw ups x 10

* the ball, please. No vomiting. ...Yet.

Shot put @ 1:10a/:30

Legs

2 x 12 x (Reaction Jump + 5 Little Jump)

Abs

2 x 30 Med Ball Situps

2 x 30 Med Ball Russian Twists

Arms

2 x {

10 pushups

10 diamond pushups

}

Wednesday, September 4th, 2019

Warmup

15 Min run

Arms

3 x {

Front Hold :10

3 x 1 regular pushup + 5 fast pushups

Front Hold :10

(1:00)

}

Legs

3 x {

10 Squats

Squat Hold :10

20 Leg Raises

(1:00)

}

Abs

Situp with Med Balls 2 x 20

Russian Twists 2 x (5 fast + 15 slow)

SWIM

1 x 400 (100 Free/200 BK/100 Choice)

6 x 50 drill/swim @ 1:10

1 x 400 Paddle/Pull

Bp 5 by 100's work on great turns

1 x 200

5 x 100 @ 1:25

Keep all the same speed

1 x 100 Pink

Thursday, September 5th, 2019

Warmup

15 Min run

Legs

2 x {

Line of Lunges

10 x Squats

Line of Lunges

10 x Squats

}

Med Balls

Overhead Pass @ 1:10a/:30

Chest Pass @ 1:10a/:30

Throw ups 10 each

Shot put @ 1:10a/:30

SWIM

1000 Choice white

10 x 50 Kick D 1-4, 5-10 White

1 x 400 Kick White

1 x 200 Drill

4 x 100 @ 2:00

odds: Build each 50 to MAX flip

evens: Build each 50 to MAX finish

100 white

Friday, September 6th, 2019

Warmup

15 Min Run

Legs

3 x {
30 x Lunges
10 x Squats
}

Arms

3 x {
10 pushups
10 diamond pushups
}

Abs

3 x 30 Med Ball Situps
3 x 30 Med Ball Russian Twists

SWIM

2 x 200 DPS @ 4:30
5 x 100 (3) White (2) Pink @ 1:45
1 x 200 (100 Kick no board/ 100 Swim)
1 x 400 white
2 x 200 Pull @ 4:00
10 x 50 @ 1:10
Odds 50 Free
Evens 50 Non Free

Saturday, September 7th, 2019

Warmup

20 Minute Run – Good Steady Pace

Pushups

2 x 15 Regular

2 x 12 On Ball

2 x 12 Stagger – Left Arm on Ball

2 x 12 Stagger – Right Arm on Ball

Legs

Lunges Front 2 x Lines

Lunges Back 2 x Lines

Step/Squat 2 x Lines

Pull Ups

2 x 10

Abs

4 min your choice abs

2 x 15 V-Ups

2 x 30 Russian Twist

SWIM

200 SKIMPS

6 x 50 IMO @ 1:10

10 x 50 Kick @ 1:10

1 x 400 Paddle/Fins

4 x 50 sprint kick @ 1:30

Week of September 9th

Monday, September 9th, 2019

Warmup

20 Minute Run

Body Position Holds

Front 1:10a – 5 pushups

Left :30 Seconds – 5 pushups

Right :30 Seconds – 5 pushups

Back 10 leg lifts on each side

Back :30 seconds

Pushups

2 x 15 Regular

2 x 12 On Ball

2 x 12 Stagger – Left Arm on Ball

2 x 12 Stagger – Right Arm on Ball

Abs

6 Minute Abs

SWIM

6 x 50 drill/swim @ 1:10

1 x 500 Paddle/Pull

Bp 5 by 100's work on great turns

1 x 400 Build into each turn, breakout with no breath

1 x 300 Stroke

4 x 100 @ 1:25

Keep all the same speed

Tuesday, September 10th, 2019

Warmup

30 Minute Run

SWIM

400 FR

200 Kick

100 IM

1 x 500 Paddle/Pull

1 x 400 (200 Kick/100 Free/100 Drill)

8x 100 paddle/pull @ 2:00

BP 5 by 100's

4 x 100 Paddle w/fast legs @ 1:30

Wednesday, September 11th, 2019

Dryland

15 Min Run

2 x {

30 x Regular Pushups

1 x 10 Diamond Pushups

}

2 Min Crunches

SWIM

4 x 200 Paddle w/Pull Buoy @ 2:40

8 x 50 (build to max finish) @ 1:00

5 x 100 Stroke @ 2:00

4 x 50 Free @ :50

4 x 100 Free @ 1:30

4 x 50 Free @ :40

4 x 100 JMI @ 1:10

200 easy

Thursday, September 12th, 2019

Dryland

20 Min Run

2 x Chest Pass

2 x Overhead Pass

2 x Toss & Squat

3 x {

20 x Regular Pushups

15 x Diamond Pushups

}

5 Min Abs

SWIM

400 Free

100 Back

3 x200

#1 Free

#2 (Back/Breast by 50's)

#3 (100 Choice/100 IM)

4 x 50 choice @ 1:30

3 x 300 (100 Moderate/100 Drill/100 Build to Pink) @ 4:10

4 x 100 Negative Split (50 White/50 Red) @ 1:45

4 x 50 @ :45

4 x 200

odds: Free @ 2:30

evens: Stroke 2:50

4 x 50

odds: Free RB:2 @ :55

evens: non-free @ 1:10

200 (100 BK/100 Choice)

Friday, September 13th, 2019

Dryland

15 Min Run

20 x Burpees

20 x Squats

Abs

10 x Each Leg Bend Towards Chest

(:30)

10 x Leg Lift

(1:00)

1:10a Plank

10 x Back Kicks Each Leg

(:30)

1:10a Back Plank

SWIM

200 SKIMPS

8 x 50 @ 1:10

odds: RB:1

evens: RB:3

1 x 300 Kick

4 x 100 Kick (50 pink/50 red) @ 2:30

4 x 50 MAX Kick @ 1:20

1 x 200 easy

2 x {

1 x 50 MAX from Dive @ :50

1 x 100 JMI @ 1:25

1 x 50 kick MAX @ 1:00

1 x 50 MAX underwater kick from Dive @ 1:00

1 x 50 MAX for time

}

Saturday, September 14th, 2019

Dryland

1 x 30 Min Run

12 x Burpees

12 x Pushups

12 x Burpees

12 x Diamonds

1:10a Plank Hold on elbows

25 x Lunges

25 x Back Lunges

20 x Fast Squats

2 x 12 Reaction Jumps

SWIM

1 x 600 (200 Free/200 Non-Free/200 BK)

1 x 200 (100 Kick/100 Kick no board)

1 x 200 RIMO

8 x 75 @ 1:50

odds: Free drill

evens: Non-Free drill

2 x {

8 x 50 (25 Drill/ 25 build to max finish) @ 1:00

}

4 x 100 Kick w/fins @ 2:00

50 underwater kick/50 kick choice

1 x 200 Build @ 4:00

4 x 50 @ :50

Cooldown – 2 x 200 Choice

Week of September 16th

Monday, September 16th, 2019

400 Choice

2 x 200
#1 Kick Choice
#2 Kick no Board
200 IM

6 x 75 @ 1:30a
50 drill/25 swim

Sprint

8 x 50 @ 1:20

2 x 200 @ 2:50
White-Pink

4 x 100 @ 1:30
Pink-Red-Blue-MAX

4 x 50 @ 1:20
odds: 25 swim/25 underwater
evens: 25 RB:0 /25 easy

4 x 100 (50 Non-Free/25 BK/25 Choice) @ 2:00

Mid D/ Distance

5 x 100 @ 2:00
odds: Build each 50 to MAX flip
evens: Build each 50 to MAX finish

1 x 800 @ 10:00
3 x 200 @ 2:40
(1) White (2) Pink

1 x 400 @ 5:10
4 x 100 @ 1:30
Negative Split (White/Red)

6 x 50 @ 1:20
odds: 25 underwater/25 swim
evens: 25 swim no breath/25 choice

4 x 100 (50 Non-Free/50 BK) @ 2:00

Tuesday, September 17th, 2019

200 SKIMPS

4 x 50 Drill @ 1:30

odds: 25 Left Arm Free/25 Right Arm Free

evens: 25 Catchup/25 Stroke

4 x 100 Paddle w/Pull Buoy @ 12:00

6 x 50 Descend @ 1:25

odds: fly-back

evens: breast-free

Sprint

4 x 100 Kick w/fins @ 1:10

4 x 100 Paddle w/Pull Buoy

6 x 50

odds: Red @ 1:20

evens: Easy @ 1:20

100 clear

10 x 50 @ 2:00 MAX PACE

Mid D/Distance

4 x 200

odds: Free @ 2:40

evens: IM @ 2:40

6 x 100 IM @ 2:15

(2:00)

8 x (50 + 50 easy) @ 2:00

odds: IMO Descend

evens: IMO Red

8 x 50 Stroke

#1-4 @ :45

#5-8 Red @ :40

Wednesday, September 18th, 2019

1 x 400 Free

1 x 400 (200 BK/200 BR)

1 x 300 Scull

8 x 50 (25 Drill/25 Swim Stroke) @ 1:20

2 x (4 x 50 Catchup) @ 1:20

Sprint

1 x 200 Free Bp 3,5 by 100

4 x 100 Non Free @ 1:50

2 x {

1 x 400 IM @ :20 rest

4 x 100 Free Descend @ 1:45

}

2 x {

2 x 200 (100 Free/100 Non Free) @ :15 rest

4 x 100 (50 Free/50 Non Free) @ 2:00

}

Mid Distance/Distance

6 x 50

odds: Fast @ 1:00

evens: Easy @ 1:30

3 x 100 Kick w/fins @ 1:20

100 Cooldown

2 x (10 x 50 @ 2:00) ALL MAX

Thursday, September 19th, 2019

500 SKIMPS

4 x 100 IM @2:00

2 x {

4 x 50 Fist Drill @ 1:20

2 x 50 Build to Pink 10 sec rest

}

Sprint

4 x 50 @ :50

1 x 100 MAX

1 x 50 MAX

1 x 25 MAX

1 x 50 MAX

1 x 100 MAX

1 x 200 Pink@ 2:40

1 x 400 Pink @ 7:00

4 x 50 White@ 1:00

Mid D/Distance

1 x 400 (100 Free/100 Non-Free/100 Kick/100 Free/100 Non Free)

6 x 50 (Free/Non-Free) @ 1:10

1 x 200 Kick

2 x 300 Paddle/Pull @ 3:50

(1)White – (1)Descend to Pink

4 x 50 IMO (Drill Fly) @ 1:20

2 x 200 (100 Free/100 BK) 2:40

4 x 50 RIMO (Drill Fly) @ 1:20

6 x 50@ 1:30

odds: Free/Non-Free

evens: BK/choice/free

Friday, September 20th, 2019

1 x 500 Free

1 x 400 IM

1 x 200 Back

1 x 300 Kick

4 x 100 Kick (50 easy/50 Red) @ 2:20

5 x 50 Build each 50 to fast flip @ 1:30

4x 50 (25 underwater kick/25 breakout MAX) @ :50

1 x 200 Choice

6 x 50 Paddle @ 1:00

4 x 100 IM @ 1:30

4 x 50 Fast Kick @ 1:10

1 x 200 easy

10 x 100 MAX Kick @ 2:00

300 Cooldown

Saturday, September 21th, 2019

1 x 400 Free
1 x 300 Choice
2 x 200 Kick
3 x 100 IM
4 x 50 @ 1:20
4 x 50 drill same Stroke different drill @ 1:20

8 x 50 Paddle/Pull @ :55

Back/Fly/Free

4 x 200 Kick White @ 3:50

Paddle/Pull

1 x 400 easy @ :10

1 x 200 Moderate @ :10

1 x 200 fast @ :10

4 x 100 Free/Back @ 1:30

4 x 200 Free/Back @ 3:30

Breast

5 x 100 @ 2:10

50 Drill

6 x 100 (kick/drill) IM order @ 1:45

Pull 8 x 50 @ 1:20 work on Lunge

6 x 100 @ 2:00

White-Pink-Red

2 x 200 @ 3:30

#1 White #2 Pink

Cooldown – 5 x 100 @ 2:00

Week of September 23rd

Monday, September 23rd, 2019

400 (200 Free/200 Non-Free)

400 Free

200 Kick

200 (100 BK/50 Choice/50 kick)

4 x 100 (50 fist drill/25 swim/25 build) @ 1:40

8 x 50 (25 kick on back/25 swim) @ 1:20

Sprint

3 x 200 1 white, 1 pink, 1 red @ 2:50

4 x 100 1 white, 2 pink, 1 red @ 1:40

4 x 50 Goal 200 Pace @ 1:10

8 x 100 (50 Blue/50 choice) @ 2:00

Cooldown – 2 x 100 choice @ 2:00

Mid D Free/Back

6 x 200 2 white, 2 red, 2 blue @ 2:40

(1:00)

6 x 100 3 white, 3 pink, 3 red @ 1:45

(1:00)

4 x 100 (50 Red/50 White) @ 1:50

Cooldown – 4 x 100 choice @ 2:00

Distance

5 x 200 2 white, 2 pink, 1 red @ 2:40

(1:00)

8 x 100 2 white, 2 pink, 2 red, 2 blue @ 2:00

(1:00)

10 x 100 2 white, 2 pink, 2 red, 2 blue 2 MAX @ 1:50

Cooldown – 4 x 100 choice @ 2:00

Tuesday, September 24nd, 2019

3 x 600

- #1 200 RIMO/200 Swim/200 Drill
- #2 300 (50 drill/50 Stroke/300 kick)
- #3 Swim Choice

2 x 100 Paddle w/Pull Buoy @ 3:00

4 x 100 Pull @ 1:45

4 x 50 Stroke (long underwater on each wall) @ 1:00

4 x 50 25 build to top speed, 25 easy @ 1:00

Distance

3 x (400 + 100 easy)

#1 White

#2 Build each 100

#3 Pink

6 x (200 + 50 easy)

#1-2 IM Swim

#3-4 Kick Red

#5-6 Swim Red

10 x (100 + 50 easy)

#1-5 Hold 1000 Goal Pace +3

#6-8 Hold 1000 Goal Pace +2

#9-10 Hold 1000 Goal Pace +1

Sprint

4 x 100 @ 1:50

4 x 50 accelerate @ :40

10 x 100 @ 2:00

#1-5 Negative Split (White/Blue)

#6-10 Descend to MAX

1 x 300 easy

2 x 200 @ 3:00

White Swim-White Kick

4 x 50 (Drill/Swim) @ 1:20

1x50 MAX from dive

Mid D Free/Back/Breast

3 x 400 pink + 100 easy

(1:00)

4 x (200 + 50 easy)

(50 Kick R, 150 Swim Descend to R)

5 x (100 + 50 easy)

Hold Goal 500 Time +3

Hold 200 Goal Time +2

2 x {

4 x (50 + 50 easy)

Hold 200 Goal Time

}

IM

4 x (200IM + 100 easy)

White-Pink

4 x (100(50 Free/50 Fly) + 50 easy)

Free-Pink, Fly -Red

4 x (75 Back + 25 easy breast)

D 1-4

4 x (50 Breast + 50 easy)

Hold Red

4 x (75 FR + 25 easy)

Best Average

Wednesday, September 25th, 2019

400 RIMO

6 x 100 Non-Free (50 Kick/50 Swim) @ :10 rest

6 x 50 (2 x Fly/Free, 2 x Back/Free, 2x Breast/Free) @ :10 rest

8 x 50 @ 1:00

odds: build into first wall, great turn

evens: build into finish, great finish

2 x {

4 x 50 Fist Drill @ 1:20

2 x 50 Build to Pink 10 sec rest

}

Sprint/IM

4 x 200 DPS @ 3:50

4 x 50 Non-Free @ :55

4 x 200 IM @ 3:20

5 x 100 IM @ 1:45

8 x 100 @ 2:00

odds: Red Choice

evens: 50 RB: 4

4 x 50 Max start + breakout, easy remainder

Mid D

2 x 200 Broken @ :50

6 x 50 Red @ 1:10

1 x 400 Free

2 x 200 @ :20 rest

#1 Choice

#2 Non-Free

Distance

15 x 100 @ 1:45

#1-5 Negative Split (White/Red)

#6-15 Best Average

Thursday, September 26th, 2019

3 x 200

#1 Free

#2 (50 BK/50 Breast)

#3 DPS Choice

10 x 100 @ 1:50

odds: (50 drill/50 RB:5)

evens: DPS

Sprint

1 x 200 Paddle Pull Descend each 50 @ 4:00

4 x 50 - 25 MAX underwater kick/ 25 easy @ 1:20

8 x 50 MAX @ 5:00

1 x 600

odd 100's: back

even 100's: (50 breast kick on back/50 free)

Mid D

1 x 400 easy Kick

8 x 50 Kick

#1-4 Descend to Pink

#5-8 Dolphin on back all Red

4 x 300 DPS @ 4:00

8 x 50 Non-Free @ :50

4 x 200 IM @ 2:50

8 x (50 IMO + choice 50) @ 1:45

Pink IMO

8 x 100 @ 2:00

Distance

1 x 400 easy Kick

8 x 50 Kick

#1-4 Descend to Pink

#5-8 Dolphin on back all Red

1 x 1000

odd 100's: build

even 100's: /white

8 x 100 @ 1:45

odds: IM evens: Choice

8 x (50 IMO + choice 50) @ 1:45

4 x 100 @ 2:00

Friday, September 27th, 2019

200 SKIMPS

4 x 50 Stroke (long underwater on each wall) @ 1:30

Sprint

400 Free

200 Kick

8 x 50 MAX on 1:10

5 x 50 w/ chutes @ 1:20 Red

5 x 50 x/ fins MAX underwater kick @ :50

Mid D/Distance

1 x 400 Free

1 x 400 IM

8 x 50 IMO x 2 @ :10 rest

6 x 100 (Drill/Kick) @ 2:15

4 x 50 Stroke @ 1:10

4 x 50 build to pink @ :50

1 x 400 IM @ 6:30

4 x 50 Kick no board IMO @ :50

4 x 200 IM @ 3:40

8 x 50 kick no board #1 Stroke @ :50

8 x 50 Chutes @ 1:30

10 x 50 w/ fins (25 underwater kick/25 swim) @ 1:10

Saturday, September 28th, 2019

200 SKIMPS

1 x 400 Paddle w/Pull Buoy @ 5:10

8 x 50 Pull Choice @ :1:10

6 x 50 Kick @ 1:10

8 x 50 Kick w/fins @ :40

4 x 50 MAX @ :40

3 x { 100 Red from Blocks

200 easy

100 MAX from push

100 easy

}

1 x 400 (100 Free/100 Back)

2 x {

1 x 50 MAX from Dive @ :40

1 x 50 JMI @ 1:00

1 x 50 @:45

1 x 50 MAX underwater kick from Dive @ 1:20

1 x 100 MAX for time

}

Cooldown

3 x 200 choice @ 3:00

Week of September 30th

Monday, September 30th, 2019

2 x 100 SKIMPS

4 x 100 RIMO @ 1:45

2 x 300 Pull @ 3:55

5 x 100 Pull (50 Free/50 Non-Free) @2:00

8 x 50 @ 1:10

Sprint

5 x 100 Best Average @ 2:00

3 x 100 @ 1:45 easy

Mid D

5 x 200 Best Average @ 4:00

3 x 100 @ 1:45 easy

Back

5 x 200 Best Average @ 4:35

3 x 100 @ 1:45 easy

Breast

4 x 200 Best Average @ 5:30

3 x 100 @ 1:45 easy

Distance

3 x 150 Paddles

3 x 400 @ 5:20

Clear-White-Pink

4 x 50 Kick MAX @ 1:10

(1:00)

4 x 200 @ 3:00

(1)Pink - (2) Red - (1)Blue

4 x 50 Kick MAX

Tuesday, October 1st, 2019

3 x 200

#1 Free #2 IM #3 200 Kick

3 x 300 Paddle/Pull @ 4:00

BP - 5

10 x 50 @:50

Split by 25s

odds: RB 1 breath/ RB 2 breaths

evens: RB 2 breaths/ RB 1 breath

Sprint

12 x 50 @ :50

odds: 25underwater MAX kick

evens: Build

10 x 50 MAX @ 4:00

#1-3 max of 3 breaths

#4-6 max of 2 breaths

#7-9 max of 1 breath

#10 No Breath

300 easy

Distance

4 x (400 + 100 easy)

1650 Pace

1 x (50 + 50 easy)

5 x (100 + 50 easy)

Hold 500 Goal pace +2

5 x (50 + 50 easy)

Hold 500 Goal Pace +1

6 x 100 @ 2:00

Mid D

1 x 400 (100 Free/100 Back)

2 x 200 Stroke @ 2:40

Pink - Red

2 x {

1 x 50 MAX from Dive @ :40

1 x 50 JMI @ 1:00

1 x 50 @:45

1 x 50 MAX underwater kick from Dive @ 1:20

1 x 100 MAX for time

}

6 x 100 @ 2:00

Wednesday, October 2nd, 2019

3 x 200 - #1 Free #2 Non-Free #3 Choice

4 x 100 IM White

6 x 50 Fist Drill @ 1:10

2 x {

1 x 300 Kick (150 White w/board/150 Pink no board) :10

4 x 50 Descend to MAX @ 1:10

4 x 25 Dolphin on back @ :30

}

IM

8 x 100 IM @ 1:45

1/2 way underwater on each wall

(1:00)

8 x 100 IM @ 1:30

4 x 100 IMO @ 1:45a

(1:00)

3 x 200 IM @ 2:15

4 x 100 IM @ 1:30a

Sprint

3 x 200 @ 3:00

IM – Choice – RIMO

4 x 100 @ 1:45

(2) Clear – (2) White

3 x 300 @ 4:20

Kick – Free – IM

6 x 100 @ 1:35

(3) White – (3) Pink

Mid D

6 x 100 @ 5:00 MAX

4 x 50 @ 4:00 MAX

1 x 400 (Non-Free/Choice/BK/Choice)

Distance

6 x 200 @ 6:00

Thursday, October 3rd, 2019

1 x 500 Free

1 x 100 Scull

3 x {

1 x 300 – Catchup Drill

3 x 50 drill – Choice @ 1:10

4 x 50 Stroke @:50

}

4 x 50 underwater kick @ 1:00

Sprint

8 x 50

2 Fast @ 1:10

1 Easy @ 1:30

2 x {

1 x 50 MAX from Dive @ :40

1 x 50 JMI @ 1:00

1 x 50 @:45

1 x 50 MAX underwater kick from Dive @ 1:20

1 x 100 MAX for time

}

Mid D/ Distance

2 x 500 @ 7:00

#1 Build each 50 to Pink

#2 3Descend each 100 starting at Pink

6 x 200

#1-2 IM @ 2:50

#3-4 Swim @ 2:30

#5-6 RIMO (drill fly) @ 2:50

4 x 200 IM @ 2:50

#1-2 -(1/2 way underwater on each wall)

#3-4 -Swim

Friday, October 4th, 2019

1 x 100 SKIMPS

4 x 50 kick no board #1 stroke @ 1:00
(2:00)

3 x 200 Free @ 2:50 D 1-3
4 x (100 Fast + 50 easy)

Sprint

1 x 300 w/fins work long wall
2 x 200 @ 2:50
#1 Build each 50 to Max FLIP
#2 Build each 50 to Pink

2 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend BP: 5
}

4 x 100 choice

Mid D

1 x 300 w/fins
2 x 200 @ 2:50
#1 Build each 50 to Max FLIP
#2 Build each 50 to Pink

2 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend
 4 x 150 (breast/free/choice)
}

Distance

1 x 300 w/fins
4 x 50 @ 1650 Pace @ 1:15

1 x Broken 200 @ 50's for :10 rest

2 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend
 4 x 150 (breast/free/choice)
}

Saturday, October 5th, 2019

1 x 400 (200 Free/200 Back)
1 x 300 (150 Kick non-free/150 kick breast)
1 x 200 (100 BK/100 Choice)
1 x 100 IM

3 x 400
#1 Paddle w/Pull Buoy @ 5:20
#2 Swim BP: 3,5 by 100 @ 5:00
#3 Choice

IM

2 x 100 @ 1:40 (50FR/50 FL)
1 x 200 @ 2:50 IM
1 x 300 @ 4:30 FL Build each 100 to great turn + great walls
1 x 200 @ 2:40 FR White
1 x 300 @ 4:40 (100BK/100BR/100FR)
1 x 200 @ 2:50 FL
1 x 300 @ 3:55 FR
1 x 400 @ 5:25 IM
3 x 100 @ 1:45 FL
1 x 200 @ 2:50 FR

Free

2 x 800 @ 10:00
White-Pink-Red-White by 100s
4 x 50 Kick Descend to MAX @ :50
(1:00)
2 x 500 @ 6:00
Pink - Red
4 x 50 Kick A1-4 at MAX @ :50
(2:00)
2 x 300 @ 4:00
Red-MAX
4 x 50 Kick Dolphin on back @ 1:10

Week of October 7th

Monday, October 7th, 2019

6 x 100

odds: (Free/Non-Free) by 50

evens: (50 Kick/50 Breast)

2 x 300

#1 Scull

#2 (BK/Breast/Scull) by 100's

Sprint

3 x 200 w/fins DPS @ 3:00

6 x 200 @ 2:55

#1 (75 Red + 125 White)

#2 (100 Red + 100 White)

#3 (125 Blue + 75 White)

#4 (150 Blue + 50 White)

#5 (175 Blue + 25 White)

#6 200 MAX

1 x 400 (50 Free/50 Non-Free)

8 x 50 KICK D1-4, 5-8 to MAX @ 1:30

Mid D/Stroke

3 x 200 w/fins DPS @ 2:30

	<u>Free</u>	<u>Back</u>	<u>Breast</u>
3 x 400 Clear-White-Pink	5:20	6:00	6:40
3 x 300 White-Pink-Red	4:20	4:40	5:20
3 x 200 Pink-Red-Blue	3:20	3:30	3:40
3 x 100 Red-Blue-MAX	1:50	2:05	2:15

Distance

3 x 1000's { 300 Pull
500 Descend
200 Max Kick

Men @ 11:30

Women @ 12:00

Tuesday, October 8th, 2019

4 x 200

#1 Free #2 Back #3 100 Breast #4 Free

1 x 300 Kick

2 x 200 (100 White/100 Red Kick @ 3:50

6 x 50 D1-3 to Pink, 4-6 to MAX (start at White) @ 1:15

1 x 200 Kick MAX @ 4:00

4 x 50 kick easy @ 1:30

1 x 100 Kick MAX

Sprint

3 x 200 pink @ 4:00

6 x 50's MAX for time

From Dive @ 5:00

Mid D/Stroke

5 x 100 Paddle/Pull @ 1:45

4 x (200 + 100 easy)

(2:00)

8 x 50

White-Pink-Red-White x 2

2 x (50 + 50 easy)

Hold 200 Goal Pace + 1

Distance

8 x 100 Paddle/Pull @ 1:45

3 x (300 + 100 easy)

White-Pink-Red

(2:00

8 x 50

White-Pink-Red-White x 2

10 x (50 + 50 easy)

Hold 500 Goal pace

Wednesday, October 9th, 2019

1 x 500 (250 Free/250 Back)

1 x 100 Scull on back, arms at side

1 x 100 Scull on front, arms at side

2 x {

3 x 50 fist drill @ 1:00

8 x 50 #1 Stroke drill @ 1:00

4 x 50 build @ :40

}

4 x 100 (50 Stroke/50 Free) @ 1:45

Sprint

1 x 200 (100 White/100 Pink)

2 x 100 IM @ 2:00

10 x 50 @ 1:10

Odds 50 Free

Evens 50 Non-Free

3 x 200 MAX @ 2:40

3 x 100 MAX @ 1:45

4 x 50 MAX @ :50

Mid D/Distance

1 x 600 Kick (300 Kick No board/300 Kick Board)

6 x 50 Kick @ 1:10

#1-3 Worst Stroke

#4-6 Best Stroke

4 x 200 @ 5:00

White-Pink-White-Pink

2 x 200 IM @ 3:00

3 x 200 MAX @ 2:40

3 x 100 MAX @ 1:45

4 x 50 MAX @ :50

Thursday, October 10th, 2019

200 SKIMPS

8 x 50 IMO @ 1:00

200 White

Sprint

4 x 300 w/fins @ 4:00

2 x {

4 x 100 @ 1:45

#1-2 Descend each 100 to Pink

#3-4 Descend each 100

}

4 x 50 MAX @ 3:00

4 x 100 Neg Split (75 White/50 Red) @ 2:00

4 x 100 Descend to MAX @ 1:45

4 x 100 Best Average @ 1:45

Mid D

4 x 300 w/ fins @ 3:50

(:30)

4 x 100 IM@ 1:45

4 x 50 @ 1:10

No breath into and out of each turn

10 x 50 MAX @ 4:00

Distance

4 x 200 choice @ 2:50

(1:00)

4 x 100 (50 White/50 build) @ 2:00

20 x 100 Maintain best average@ 1:45

1 x 400 Free easy

5 x 100 Kick MAX @ 2:00

Friday, October 11th, 2019

1 x 300 Free

2 x 200 (100 Kick/100 Swim Non-Free)

8 x 50 IMO @ :50

6 x 100 Fins@ 1:45

1 x 600 Kick

6 x 50 Kick D1-6 @ 1:10

1 x 100 MAX Kick

Free

1 x 600 Descend the 200's 1-4

(:30 rest)

2 x 600 White-Pink @ 7:30

(:30 rest)

1 x 500 (100 Pink/200 Red/100 Blue/100 MAX)

8 x 50 Chutes @ 1:45

IM

1 x 800 IM Descend by 200's 1-4

(:30 rest)

2 x 200 IM White-Pink @ 3:00

(:30 rest)

1 x 200 IM

8 x 50 Chutes @ 2:00

Saturday, October 12th, 2019th

3 x 200

#1 Free

#2 Back

#2 (100 Kick/100 Swim choice)

5 x 100 @ 1:45

#1-2 Max of 2 breaths each 25

#3-4 (50 Free/50 Back)

#5 Max of 2 breaths each 25

4 x 50 Descend Kick @ 1:10

(1:00)

8 x 50 Kick w/fins @ :50

1 x 100 Free Easy

Mid D/Sprint

8 x 100 IM@ 1:30

3 x 300 @ 3:45

Descend

4 x 50 Easy @ 1:10

3 x 200 @ 2:30

Descend

4 x 50 Easy @ 1:10

Distance

3 x 400 @ 5:00

Descend

4 x 50 Easy @ 1:10

3 x 300 @ 3:45

Descend

4 x 50 Easy @ 1:10

3 x 200 @ 2:30

Descend

4 x 50 Easy @ 1:10

Week of October 14th

Monday, October 14th, 2019

200 SKIMPS

6 x 50 Fly/Back/Breast @ 1:00

1 x 300 Kick w/ fins no board @ 4:20

4 x 50 Fast kick Flutter @ :55

4 x 50 Fast kick Dolphin @ :55

Sprint

4 x 200 @ 3:20

(2) White (1) Pink

(1:10)

4 x 100 Pink – Red – Blue- MAX @ 1:40

2 x {

8 x 50 :50

(:30)

4 x 50 underwater @ 2:00

}

Distance/Mid D Free

1 x 800

(200 Pull/ 200 Swim/ 200 Pull/ 200 IM)

(1:00)

4 x 200 @ 2:55

Pink-Red-Blue-MAX

10 x 100

odds: Hold 500 goal pace @ 1:45

evens: White @ 2:00

2 x {

8 x 50 :55

(:30)

4 x 50 underwater @ 2:00

}

IM

2 x 400 IM@ 5:30

(1:00)

2 x 200 IM @ 2:55

Pink-Red

10 x 100 IM @ 1:55

odds: Blue

evens: Pink

12 x 50 all FAST @ 1:20

Tuesday, October 15th, 2019

1 x 200 Free
2 x 200
(100 Kick/100 Swim Non-Free)
4 x 50 IM order

1 x 400 Paddle w/Pull Buoy
9 x 50 Pull @ 1:10

Fly

1 x (400 + 100 easy)
Free White
3 x (200 + 100 easy)
100 Fly/100 FR Pink
(1:00)
4 x (100 + 50 easy)
D1-4 all Fly
(2:00)
4 x (50 + 25 easy)
D1-4 to MAX
(1:00)
2 x (4 x 50 + 50 easy)

Back

1 x 500 Back
3 x (200 + 100 easy)
100 Back/100 FR Pink
(1:00)
4 x (100 + 50 easy)
D1-4 all Back
(2:00)
4 x (50 + 25 easy)
D1-4 to MAX
(1:00)
200 MAX back

Breast

1 x 300 Breast
3 x (200 + 100 easy)
100 Breast/100 FR Pink
(1:00)
4 x (100 + 50 easy)
D1-4 all Breast
(2:00)
4 x (50 + 25 easy)
D1-4 to MAX
(1:00)
200 MAX BR

Sprint

1 x 300 easy
2 x {
 100 Red from Blocks
 200 easy
 100 MAX from push
 100 easy
}

x {
 50 Red from Blocks
 100 easy
 50 MAX from Push
 50 easy
}

Mid D/ Distance

9 x 50 @ 1:00 (2 easy, 1 FAST)
1 x 400 Pull
4 x 50 Kick @ 1:20
odds: White-Pink-Red
Evens: Red-Pink-White
(1:00)
1 x 400 Pull
4 x 100 Kick @ 1:50
Descend to MAX start @ Pink
(2:00)
2 x 500 Swim FAST
(2:00)
4 x 200 Swim w/fins @ 2:55

Wednesday, October 16th, 2019

4 x 200

Free-Non Free-Kick no board-RIMO

2 x {

4 x 50 fist drill @ 1:20

4 x 50 build @ 1:00

}

8 x 50 Kick @ 1:10

D1-4 , 5-8 to MAX (start at Pink)

Sprint

8 x 100 IM @ 1:55

2 x {

4 x 50 Kick @ 1:10

1 x 200 IM @ 3:00

1 x 300 Negative Split (150 White/150 Red) @ 5:00

}

4 x 50 from the Block

Distance/Mid D Free

4 x 200

Pull - Kick - Pink - White

2 x 800

odd 100's: Descend

even 100's Kick Pink

6 x 200

odds: Blue @ 2:40

evens: IM @ 3:00

4 x 100's

(100's Descend 1-4 Red)

Thursday, October 17th, 2019

200 SKIMPS

4 x 50 Fly/Back:30 sec rest

10 x 100

#1-3 Free @ 1:45

#4-6 100 IM @ 2:00

#7-10 (25 No breath/50 Swim/25 1RB:1) @ 2:00

4 x 200

Free-Non Free-Kick no board-RIMO

4 x 50 fist drill @ 1:10

Sprint

6 x 50 @ 1:20

(2 easy, 1 FAST)

1 x 200 Pull @ 3:00

4 x 50 Kick @ 1:10

odds: White-Pink-Red

Evens: Red-Pink-White

(1:00)

1 x 400 Pull @ 5:40

4 x 100 Kick @ 2:00

Descend to MAX start @ Pink

(2:00)

2 x 200 Swim @ 2:50

(2:00)

2x 200 Kick w/fins @ 2:50

Mid D/Stroke

2x Broken 200's

(:20 secs each 100)

2 x Broken 100 (@ each 50 for :10 seconds)

1 x Broken 100 (@ each 50 for :10 seconds)

4 x 50 MAX @ 1:00

#1-2 max of 3 breaths

#3-4 max of 2 breaths

Distance

3 x Broken 500's

(:10 sec @ each 100)

Cooldown

Friday, October 18th, 2019

3 x 200

#1 Free

#2 (100 Kick/100 Back)

#3 IM

8 x 100 @ 1:40

odds: IM

evens: Free

5 x 50 @ 1:00

odds: Build to Pink

evens: FAST breakout

Free

2 x 500 @ 6:00

#1 (250 White/ 250 Pink)

#2 (250 Red/ 250 Clear)

(1:00)

4 x 100 @ 1:55

White-Pink-Red-Blue

2 x 500 @ 6:30

#1 (250 White/250 Red)

#2 (250 Blue/250 White)

4 x 100 @ 1:55

Pink-Red-Blue-MAX

IM

6 x 200 IMO @ :30 rest

2 x 200 IM @ 3:30

Pink-Red

(2:00)

4 x 200 @ :20 rest

#1 IM (50 drill/50 swim Pink)

#2 RIMO (50 Kick Red no board/50 Swim)

4 x 100 IMO @ 1:45

Pink-Red-Blue-MAX

Saturday, October 19rd, 2019

2 x 100 SKIMPS

2 x 400

#1 Free #2 IM

8 x 100 IMO (fly can be drill) @ 2:00

12 x 50 (Fly/Free,Back/Free,Breast/Free,Free/Free) @ 1:05

8 x 50 w/chutes @ 1:40

odds: Pink

evens: Red

9 x 50 @ :1:00

underwater kick w/fins

(1:00)

4 x 50 Dolphin on back w/fins @ 1:20

(:30)

4 x 50 Dolphin on back w/fins @ :1:00

1 x 400 Free @ 4:50

2 x 50 Hold Goal 200 Pace @ 1:10

1 x 400 Free @ 5:00

2 x 50 Hold Goal 200 Pace @ 1:10

1 x 400 Free @ 5:10

2 x 50 Hold Goal 200 Pace @ 1:10

Week of October 21st

Monday, October 21th, 2019

3 x 400

#1 (200 Free/200 Back) @ :20 rest

#2 (200 Kick/200 Free) @ :20 rest

#3 (200 Choice/200 Kick no board)

9 x 50 IMO @ 1:10

6 x 100 IM @ 1:50

8 x 50 IMO @ 1:10

Sprint

6 x 100 @ 2:00

Descend each 100

(1:00)

8 x 50 @ :55

(2:00)

6 x 100 @ 2:00

#1-3 Negative Split

#4-6 Best average

(2:00)

5 x 100 JMI @ 1:15

Mid D

4 x 200 @ 2:50

Descend Each 200

(1:00)

8 x 50 @ 1:00

(2:00)

4 x 200 @ 2:50

#1-2 Negative Split

#3-4 Best time + 12

(2:00)

5 x 100 JMI @ 1:10

Distance

3 x 500 Best Time + 30 @ 5:30

(2:00)

8 x 200 Best Average @ 2:30

(2:00)

5 x 100 JMI @ 1:10

Cooldown

Tuesday, October 22nd, 2019

200 SKIMPS

3 x 300 @ 3:55

8 x 50 Paddles DPS@ 1:00

4 x 50 Keep Same Stroke Count

4 x 50 drill @ 1:10

4 x 50 Kick Descend @ :55

9 x 50 (2 @ :50, 1 @ :1:00)

Mid D/Sprint

4 x {

1 x 50 MAX

(:30)

50 MAX from push

}

1 x 200 Easy

2 x 200 @ 2:50

White-Pink

8 x 50 w/fins Underwater @ 1:40

Distance

4 x 200 @ 2:50

Descend Each 200

(1:00)

4 x 300 @ 4:20

Each 300 - 100 Pull no buoy, 100 Build , 100 MAX Kick

(1:00)

10 x 100 @ 1:45

Hold Best Average

(2:00)

5 5 x 100 JMI @ 1:10 x 100 @ 1:30

Wednesday, October 23rd, 2019

8 x 100

odds: 50 Kick no board/50 Non-Free

evens: 50 Free/50 Kick

1 x 100 Scull on Back

1 x 100 Scull on Front

2 x {

4 x 50 fist drill @ 1:00

3 x 50 Build @ 1:00

}

IM

5 x 50 w/fins IM @ :55

(:30)

4 x 50 IMO @ :50

25 underwater/25 swim

(1:00)

	Fly	Back	Breast	Free
	4 x 50	6 x 50	4 x 50	1 x 100
1	:50	:50	1:15	2:00
2	:55	:55	1:10	2:00
3	:50	:50	1:05	2:00
4	:50	:55	1:10	2:00

Free

3 x 200 Kick w/fins @ 3:45

1 x 600 Paddle/Pull @ :20 rest

4 x 200 @ 3:00

White-Pink-Red-Blue

8 x 200 Descend @ 2:30

Thursday, October 24th, 2019

1 x 400 Free

1 x 300 Non-Free

2 x 200 Kick

4 x 100 IM (drill fly)

8 x 50 w/chutes @ 1:10

odds: (25 no breath/25 Pink)

evens: (25 Pink/25 Red)

4 x 50 @ 1:10

9 x 100 Paddle w/Pull Buoy @ 1:45

#1-3 White

#4-6 Pink

#7-9 Red

1 x Broken 200

1 x 100 MAX

2 x 50 MAX

Friday, October 25th, 2019

1 x 400 Free

1 x 300 Non-Free

1 x 200 Kick

1 x 100 IM

2 x {

1 x 100 Kick :30 sec rest

4 x 50 Kick Descend to MAX @ 1:10

}

4 x 200 @ 2:40

odds: BP: 3,5 by 100

evens: BP: 3,7 by 50

(2:00)

2 x 300 w/fins @ 3:30

1: DPS – lowest Stroke count

2: kick ½ underwater on each wall

(2:00)

5 x 100 @ 1:45

Descend 1-5

2 x {

4 x 100

odds: Free @ 1:50

evens: Non-Free – Pink @ 2:00

4 x 50 @ :50

}

Saturday, October 26th, 2019

1 x 400 (200 Free/200 Non-Free)

1 x 300 Kick

1 x 200 RIMO (drill fly)

4 x 50 Back @ 1:10

6 x 50 (25 Breast Kick on Back) @ 1:30

Sprint/Mid D

3 x 100 (white/pink/red) @ 2:00

2 x 100 Pink – Red @ 1:45

4 x 50 D 1-4 @ 1:10

50's from a dive MAX

6 x 50 build to max finish

4 x 200 (free/stroke/kick) @ 3:00

Distance

2 x 200 (White/Pink) @ 2:50

4 x 100 Choice @ 1:45

8 x 50 D 1-4, 5-8 @ 1:10

50's from a dive MAX

6 x 50 build to max finish

6 x 100 (Free/Non-Free) @ 2:00

Week of October 28th

Monday, October 28th, 2019

6 x 100

odds: Free

evens: Choice

4 x 100 IM @ 2:00

RB:2 on last 25 Free

3 x {

1 x 200 Paddle w/Pull Buoy @ 3:00

3 x 100 Pull @ 1:45

}

4 x 50 w/fins underwater kick @ 1:10

(Max of 1 breath allowed per 50)

Sprint

4 x 50 MAX

8 x 100 Best Average @ 1:40

1 x 300 Easy

2 x (5 x 50 D1-5 to MAX) :10

5 x 200 Best Average @ 2:40

Distance

1 x (400 Pink + 200 easy)

4 x (300 Red+ 100 easy)

Descend

(1:00)

8 x (100 Red+ 100 easy)

(1:00)

4 x 200 All Red

(1:00)

8 x (50 + 50 easy)

Hold 1000 Goal Pace

Back/Breast/Fly

4 x 200

White-Pink-Red-Blue

(1:10)

2 x (300 + 100 easy)

Pink-Red

(2:00)

8 x (100 + 100 easy)

Odds: Free Descend

Evens: Stroke descend to MAX

Cooldown

Tuesday, October 29th, 2019

1 x 400 (200 Kick/200 Choice)
1 x 400 Paddle w/Pull Buoy DPS

8 x 50 w/fins FAST underwater kick @ 2:00
1 x 400 Kick White
4 x 50 (25 Blue/ 25 white) @ 1:50

Sprint

2 x (200 + 100 easy)
White-Pink
4 x (50 + 50 easy)
All Kick Descend
(2:00)
2 x 200 IM
4 x (100 Red+ 100 easy) -All Kick - Descend to MAX
(2:00)
8 x 100 @ 2:00
50 Kick/50 Swim
8 x 50 @ 1:00

Mid D/Stroke

5 x 100 @ 1:45

1 x 400 DPS @ 5:30
8 x 50 (2 white/ 2 pink/ 2 red/ 2 pink) @ 1:20
(:30)
1 x 400 pull @ 6:00
3 x 100 (2) White (1) Pink
(:30)
1 x 400 pull @ 5:30
5 x 100 blue @ 1:30

Distance

8 x 50 w/fins (12.5 underwater Kick Red/12.5 Swim no breath/25 easy) @ 1:20
(1:00)
8 x 100 Negative Split (50 White/50 Blue) @ 1:30aFR/1:45a FR
(1:00)
5 x 100 MAX Kick @ 2:00
(3:00)
8 x 100 @ 1:45
(2) Pink-(2) Red-(2) Blue- (2) MAX
(1:00)
5 x 100 Pull Blue @ 1:45
(3:00)

Wednesday, October 30th, 2019

4 x 200
IM-NonFree-Free-Kick

Sprint

1 x 400 pull @ 5:00
5 x 100 (3) White (2) Pink @ 1:45
1 x 300 (150 Kick no board/ 150 Swim) @ 5:30
5 x 50 (3) White (1) Pink (1) Red @ 1:10

Mid D/Stroke

6 x (100 + 50 easy)
odds: Build each 50 to no breath in flags, fast finish
evens: max of 9 breaths

3 x 300 @ + :20
#1: Free-NonFree-Free by 100
#2 BP: 3-5-3 by 100
#3 BP: 5-7 by 50

12 x 50 Choice @ 1:10
#1-4: Descend
#5-8: Descend
#9-12: Descend to Max
5 x 100 JMI @ 1:10/1:15/1:30

Distance

6 x 100 @ 1:45

1 x 400 DPS @ 5:00
8 x 50 (2 white/ 2 pink/ 2 red/ 2 pink) @ :55
(:30)
1 x 400 DPS @ 5:00
5 x 100 blue @ 1:30
(:30)
1 x 300 Negative Split @ 4:00

SPOOKY Thursday, October 31st, 2019

2 x 400 (200 Kick/200 Back)

4 x 100

odds: IM

evens: (50 Breast Kick/50 Swim)

Sprinting Skeletons

6 x 50 @ :30

odds: MAX first 25

evens: MAX last 25

4 x {

1 x 50 Dive Descend to MAX @ :20 rest

1 x 50 easy

}

1 x 250 Free

4 x 100 (50 Kick /50 swim) @ 1:50

(1:00)

5 x 50 D 1-5

Mid D Maniacs

8 x 50 w/fins (125 underwater Kick Red/25 easy) @ 1:10

(1:10)

5 x 100 Negative Split (50 White/50 Blue) @ 1:50

Stroke - Free White/Stroke Blue

(1:00)

5 x 100 MAX Kick @ 2:20

(3:00)

5 x 100 D1-5 to MAX @ 1:30

All Stroke

(1:00)

5 x 50 MAX Kick @ 1:30

(3:00)

Distance Demons

4 x 100 @ 1:45

5 x 50 Blue @ 1:10

4 x 300 @ 3:50

#1 Free

#2 Build each 100

#3 (150 Pink/150 Red)

#4 Build each 100

2 x 500 @ 6:00/6:30

#1 100 - 50 Red/50 White

#2 Free/Back by 50

5 x 100 JMI @ 1:15

Friday, November 1st, 2019

300 Free

6 x 100 IM D1-3 and 4-6 @ 1:45

10 x 100 (50 drill/50 swim) @ 1:45

3 x 300 paddle only BP 3-5-7 by 100's @ 4:00

4 x 200 Fin Kick @ 3:00

4 x 100 Fin Kick @ 1:50

3 x {

300 Non-Free @ :20 rest

200 Swim – Pink @ :20 rest

100 Swim – Red @ :20 rest

}

Sprint

4 x 100 Neg Split @ 1:45

4 x 50 D 1-4

Cooldown

Mid D/Distance

5 x 100 (drill/swim) @ 2:00

2 x 200 #1 White #2 Pink @ 2:50

3 x 100 D1-3 to Pink @ 1:45

3 x 100 (drill/swim or kick/swim) @ 2:00

Saturday, November 2nd, 2019

2 x 200

#1 Free #2 IM by 100's

3 x 100

#1 RIMO #2 IM #3 Choice

2 x {

8 x 50 Kick #1 Stroke D1-4 , 5-8 to MAX

1 x 200 Kick no board

}

Sprint/Mid D

1 x 200 (100 Red/100 Pink)

(:30)

4 x 100 JMI @ 1:20

1 x 300 (100 White/100 Pink/100 Red)

(:30)

4 x 100 JMI @ 1:10

2 x 200 (100 Pink/100 Red) @ 2:50

(2:00)

3 x 100 Best Average @ 2:00

Distance

1 x 800 (200 White/200 Pink/200 Red/200 Pink)

(:30)

4 x 100 JMI @ 1:15

1 x 600 (200 White/200 Red/200 Pink)

(:30)

4 x 100 JMI @ 1:25

1 x 300 (200 White/100 Red)

(2:00)

5 x 100 Best Average @ 1:45

Week of November 4th

Monday, November 4th, 2019

100 SKIMPS

3 x 100 IM-Choice-NonFree

4 x 100 @ 1:45

8 x 50 @ 1:10

5 x 200 :20

#1 Kick

#2 Paddle w/Pull Buoy White

#3 Paddle w/Pull Buoy Pink

#4 Paddle w/Pull Buoy Red

#5 Kick

IM

4 x 200 IM @ 3:00

Descend

8 x 100 IMO w/fins @ 2:00

8 x 50 @ :50

1-4 #1 Stroke, 4-8 Worst Stroke

Free

5x 200 @ :10

(100 Pink/50 Build /50 White)

10 x 100 JMI @

#1-5 @ 1:15

#6-10 @ 1:10

(2:00)

8 x 50 @ :40

Tuesday, November 5th, 2019

200 SKIMPS

6 x 100 IM @ 2:00

4 x 50 IMO @ 1:10

Sprint

8 x 100 White @ 1:30

4 x 50 @ :50

6 x 100 IM @ 2:00

4 x 50 @ :50

2 x {

1 x 200 @ 2:50

4 x 50 @ 1:10

Descend

}

1 x 50 w/fins from push MAX

Mid D/Stroke

3 x {

1 x (300 + 100 easy)

4 x (50 + 50 MAX)

}

4 x 50 MAX Kick no board @ 1:10

Distance

4 x { 1-White, 2-Pink, 3-Red, 4-Blue

1 x (500 + 100 easy)

4 x (50 + 50) MAX

}

IM

4 x { IMO each round

1 x (200 IM + 100 easy) White-Pink-Red-Blue

4 x (50 + 50 easy) IMO by round

}

Wednesday, November 6th, 2019

1 x 300 Free

5 x 100 odds: IM, evens: Choice

2 x {

1 x 200 Kick

4 x 50 Kick w/fins

}

4 x 100 @ 1:30

(:30)

4 x 100 Descend :20 sec rest

Sprint/ Mid D/ Stroke

4 x 50 MAX Breakout @ 1:00

4 x 50 no breath in or out of wall @ 1:20

2 x (10 x 50 @ 2:00) ALL OUT MAX

Distance

2 x (10 x 100 @ 2:50) ALL OUT MAX

Thursday, November 7th, 2019

2 x 200

#1 Free, #2 Non-Free

4 x 100 IM :20 sec rest

4 x 50 @ 1:10 fist drill

Sprint

6 x 50 @ 3:30

#1-2 Three Breaths

#3 Two Breaths

#5 One Breath

#6 No Breath

8 x 50 Kick MAX @ 1:20

10 x 100 @ 1:15 JMI

Mid D/Stroke

1 x 300 Paddle w/Pull Buoy

10 x 100 JMI @ 1:30

2 x {

1 x 400 Stroke

4 x 50 @ 1:10

Descend 1-4

}

3 x 200 @ 2:30

6 x 50 Kick MAX @ 1:10

Distance

1 x 400 Paddle w/Pull Buoy

10 x 100 JMI @ 1:45

3 x {

2 x 50 @ :50

1 x 400 Paddle w/Pull Buoy

2 x 200 @ 2:40

Pink-Red

}

2 x {

400 Choice

6 x 50 @ 1:10

White Pink Red Blue (2)Max

}

Friday, November 8th, 2019

200 SKIMPS

10 x 50 w/ chutes @ 1:45 Red

10 x 50 x/ fins MAX underwater kick @ :40

4 x 200 @ 2:50

Free

4 x 200 pink @ 3:10

(:30)

6 x 100 @ 1:15

(:30)

3 x 50 MAX @ :50

4 x 100 Kick @ 1:45

4 x 100 w/fins Dolphin on back @ 1:45

(2:00)

4 x 50 Fast Kick @ :1:00

IM

2 x 400 IM @ 5:45

(:30)

6 x 100 @ 1:45

(:30)

6 x 50 BR/FR @ 1:10

4 x 100 Kick IMO @ 2:00

8 x 50 Kick on back @ 1:30

(1:00)

4 x 50 Fast Kick @ 1:05

Saturday, November 9th, 2019

8 x 100 @ 2:00

odds: Free

evens: (50 Fly drill/50 Choice)

8 x 50 Kick no board @ 1:10

IM

3 x 300 IMO @ 4:20

4 x 50 BR Pull @ 1:10

4 x 50 BK Pull @ :55

4 x 50 FL Pull @ :50/:55

Free

12 x 100 @ 2:00

odds: (25 no breath/50 BP: 5/25 - 2 breaths)

evens: (50 BP: 5/50 BP: 3)

2 x 600 @ :30 rest

#1 Negative Split

#2 Ascend - Start at Red

8 x 100 JMI @ 1:15

Week of November 11th

Monday, November 11th, 2019

200 SKIMPS

1 x 500 Kick

9 x 100

#1-3 D1-3 to Pink

#4-6 Bp 5/7 by 50

#7-9 Build each turn to MAX flip + 3 MAX Strokes Breakout

Sprint

2 x 200 White @ 3:00

100 @ 1:45

(2) @ 1:15 or faster

(2) @ 1:13 or faster

(2) @ 1:10 or faster

(2) @ 1:08 or faster

(1) @ 1:06 or faster

(1) @ 1:05 or faster

(1) @ 1:02 or faster

(1) @ 1:01 or faster

(1) @ 1:00 or faster

(1) @ :58 or faster

(1) @ :56 or faster

(1) @ :55

(1) @ :54

Mid D/Distance

5 x 200 Neg Split @ 3:00

5 x {

200 @ 2:50 +

3 x 100 @ 1:45)

}

3 x 50 Kick MAX @ 1:45

Tuesday, November 12th, 2019

500 Free

400 Non-Free

300 RIMO

200 Kick

4 x 50 fist @ :50

Sprint

6 x 100 Swim w/fins Negative Split (50 White/50 Blue) @ 1:45

8 x 50 kick w/fins @ :50

4 x 50 MAX from dive @ 3:00

IM

3 x (200 + 50 easy) build

#1 (100 Fly/100 Back)

#2 (100 Back/100 Breast)

#3 (100 Breast/100 Free)

4 x (50 IMO Pink + 50 Red next Stroke)

4 x (50 Blue IMO w/ blue transition turn + 50 pink)

6 x 50 (25 kick MAX Dolphin underwater/25 swim) w/fins

Mid D

4 x 100 MAX KICK @ 2:00

400 Easy

5 x 50 MAX @ 5:00

400 Easy

4 x 100 MAX Kick @ 2:00

4 x 50 MAX @ 3:00

Distance

2 x Broken 500's

3 x Broken 200's

Wednesday, November 13th, 2019

2 x 300 #1 Free, #2 Non-Free
12 x 50 IMO @ 1:00

4 x 200 Paddle/Pull

8 x 50 @ :55

Sprint

15 x 100

#1-3 Free @ 1:45

#4-6 Build each 50 to MAX flip @ 1:45

#7-9 Kick @ 2:00

#10-12 (50 BK/50 Scull) @ 1:50

#13-15 D1-3 to Pink @ 1:45

200 Kick

4 x 50 Kick Descend

Distance

1 x (600 + 200 easy) Pink

4 x (200 + 100 easy)

Descend

8 x (100 +50 easy)

All Red

8 x (50 +50 easy)

Hold Goal 1000 Pace

Mid D/Stroke

2 x (300 + 100 easy)

Pink-Pink

4 x (200 +50 easy)

Descend

4 x (100 + 50 easy)

Descend

Breast

4 x 50 Paddle/Pull Neg Split @ 1:45

4 x (300 @ 4:40 + 3 x 100 @ 1:45)

4 x 50 Kick MAX @ 1:10

Fly

5 x 100 Neg Split @ 1:45

5 x (200 @ 2:50 + 3 x 100 @ 1:45)

4 x 50 MAX kick dolphin on back @ 1:10

Thursday, November 14th, 2019

2 x 300 #1 Free, #2 Non-Free

1 x 300 Choice

5 x 50 drill Choice @ 1:10

6 x 200

#1-2 (100 Back/100 Breast) @ +:20 rest

#3-4 Choice Swim @ 2:50

#5-6 (50 BK/100 Kick no board/50 Choice)

Sprint

4 x 50 Red @ 3:00

6 x 50 Blue @ 2:00

400 IM

4 x 100 @ 1:45

odds: Free evens: Non-free

5 x 50 drill @ 1:10

8 x 50 @ 1:10

Distance/Mid D

2 x 400 Paddle w/Pull Buoy @ 5:30

3 x 200 IM :30 sec

4 x 50 Free @ :40

2 x 300 (150 Free/150 Non-Free)

4 x 100 Descend @ 1:45

4 x 50 Free @ :55

Friday, November 15th, 2019

2 x 100 SKIMPS
2 x 200 Free/Choice
2 x 100 buoy/Paddle
2 x 200 Kick
100 IM
5 x 50 drill Choice @ 1:00

4 x 100 Kick @ 2:00
Build each 50 to Pink

8 x 50 @ 2:00
Alternate 50 Kick/50 Swim

Sprint /Mid D

10 x 50 kick @ 1:10

1 x 100 Broken @ 25's
1 x 50 MAX
6 x 50 :10sec rest
#1-3 MAX breakout
#4-6 build

6 x 100 (50 free/50 kick) @ 1:30
4 x 100 choice

Distance

1 x 600 Paddle/Pull
Bp 3-5 by 100's
1 x 400 Build

10 x 100 JMI @ 1:15
Keep all the same speed

3 x (100 + 100 easy)
Hold 1000 Pace

Saturday, November 16th, 2019

400 IM
300 Choice
200 Kick

6 x 100 @ 2:00
odds: Kick
evens: Swim

Free

4 x 50 Build each @ 1:30
1 x 50 MAX Breakout @ :50

6 x 50 w/fins Fast kick dolphin @ 1:10
(2:00)

3 x 50 w/chutes JMI @ :50
3 x 50 w/chutes Build @ :50
4 x 50 w/chutes MAX @ :50

4 x 100 w/fins dolphin on back @ 1:45

400 Free @ 5:10
4 x 50 red @ :55
300 Bp 7 by 50's @ 3:55
(2:00)
4 x 100 Choice @ 2:00
4 x 50 Blue @ :50
1 x 200 BP: 7

IM

200 IM (50 Kick/50 Swim) @ 4:00

3 x 50 w/chutes JMI @ :50
3 x 50 w/chutes Build @ :50
4 x 50 w/chutes MAX @ :50

4 x 50 IMO @ :45/:50
4 x 100 Free Bp 5 @ 2:00
(2:00)
3 x 100 IM @ 1:45
4 x 50 IMO @ :50

(1:00)
6 x 50 w/fins Fast kick dolphin @ 1:00
1 x 400 w/fins dolphin on back

Week of November 18th

Monday, November 18th, 2019

200 SKIMPS

3 x {
 5 x 50 drill Choice @ 1:00
 2 x 200 Stroke @ 2:55
}

6 x 100 Kick w/fins @ 1:45
(1:00)
8 x 50 Kick no board @ 1:20
D1-4,5-8

Sprint

4 x 200 @ 2:40
(2) White-Pink-Red
4 x 100 JMI @ 1:30
(1:00)
8 x 50 Hold Goal 200 Pace + 1 @ 1:10
4 x 100 JMI @ 1:15
(2:00)
6 x 50 @ 1:10
DPS max of BR: 5 @ 1:10

Distance/Mid D Free

3 x 300 @ 3:55
White-Pink-Red
4 x 100 JMI @ 1:30
(1:00)
4 x 100 @ 1:45
Red-Blue-(2) MAX
(2:00)
6 x 50 @ 1:10
DPS max of 5 Breaths

IM

8 x 100 Build
#1-4 IMO w/fins @ 1:45
#5-8 IM 2:00

2 x {
 1 x 100 Back JMI @ 1:45
 1 x 100 Breast RED @ 1:45
 1 x 100 Free MAX @ 4:00
}
8 x 50 Kick w/chutes IMO @ 1:40

Tuesday, November 19th, 2019

4 x 200

Free-NonFree-IM-Kick

6 x 50 w/fins (drill/swim/drill) @ 1:10

6 x 50 w/fins (underwater kick/swim/dolphin on back) @ 1:15

8 x 100 @ 2:00

#1-3 (50 Kick Red/50 Kick White)

#4-7 (50 Kick Pink/50 Kick MAX)

#8 100 Kick MAX

Sprint

6 x 50 MAX Breakouts, easy rest @ 1:00

12 x 50 Free Red @ :50

1 x 300 White @ 4:00

4 x (100 + 50 easy) Build @ 2:30

Last 25 red 2 breaths

(1:00)

5 x (50 + 50 easy) Build @ 2:00

(2:00)

1 x 300 Pink @ 4:00

4 x 50 MAX @ 4:00

Mid-D/Distance

3 x (500 + 100 easy)

#1 Paddle/Pull - White

#2 Paddle - Pink

#3 Swim - Red

3 x (300 + 100 easy)

White-Pink-(2) Red

(1:00)

1 x (200 MAX + 100 easy)

3 x (200 + 100 easy)

Pink-Red-Blue

(1:00)

1 x (100 MAX + 100 easy)

2 x (100 + 50 easy)

Pink-Red

1 x (50 MAX + 50 easy)

Wednesday, November 20th, 2019

100 Free-200 Kick-300 NonFree-400 Free

8 x 100 IM @ 2:00

12 x 50 (Fly/Free, Back/Free, Breast/Free, Free/Free) @ 1:00

Sprint

4 x 100 feet past flags on every wall @ 1:45

2 x 400 #1 Free #2 Back/Breast by 50's

4 x 100 Paddle/fins working on awesome catch @ 1:45
(1:00)

300 Non Free

4 x 100 @ 1:45 MAX

300 Cooldown

Mid D

4 x 50 Kick @ 1:45

odds: White-Pink

evens: Red-Pink

5 x 100 @ 7:00 MAX

1 x 100 w/fins MAX go best time

Distance

1 x 1500 Broken

200 White @ :10 rest

300 (150 Pink-150 Red) @ :10 rest

200 Red @ :10 rest

300 (Build to Blue) @ :10 rest

5 x 100 Best Avg @ :10 rest

150 MAX

Take total time - 1:45

3 x 200 MAX @ 6:00

Thursday, November 21st, 2019

1 x 100 SKIMPS
200 Kick
200 RIMO (Drill Fly)

3 x 200 Paddle w/Pull Buoy @ 3:25
(:30)
3 x 100 Non-Free work walls @ 2:00

6 x 50 Fist Drill @ 1:20

Sprint

8 x 100 (50 White/50 RB: 5) @ 1:55

5 x {
 1 x 50 MAX + :30 rest + 50 MAX from push
 (1:00)
}

Mid D/Distance

4 x 200 @ + :20
#1 Free #2 Non-Free #3 BK/Kick by 50's #4 IM
(1:00)
12 x 50 @ 1:20
#1-6 Neg Split (Clear/Pink)
#7-12 No Breath off walls for 3 Strokes

4 x 100 @ :10 sec rest
#1 Free #2 Past flags on each wall choice #3 Non-Free #4 Drill
(1:00)
6 x 100
#1-3 D1-3
#4-6 Fast breakout on each wall

8 x 50 w/fins (25 underwater/25 swim) @ 1:40

2 x 400 Fin Swim
#1 Free
#2 IM

Friday, November 22nd, 2019

200 SKIMPS

2 x 500 Paddle/Fins @ 6:30

#1 Build each 100 to MAX flip + 5 Strokes MAX no breath

#2 Descend 100's

3 x 100 Kick @ 1:50

#1 (50 Kick/50 Dolphin Kick)

#2 (50 Breast Kick/50 Flutter no board)

#3 Build each 50 to Pink

2 x (10 x 50 KICK @ 2:00) ALL OUT MAX

1 x 400 Free @ 30 sec rest

5 x 50 drill Choice @ 1:20

4 x 100 choice @ 2:00

Saturday, November 23rd, 2019

1 x 400 Free

3 x 300

#1 Non-Free #2 Kick #3 RIMO

6 x 150 Paddle/Fins@ 2:50

2 x {

400 Kick

8 x 50 Kick D1-4 , 5-8 to MAX @ 1:30

}

Mid D/Sprint

12 x 50 JMI @ :50

Build each 50 to Pink – no breath from flags to wall on finish

Distance

4 x 200 @ 2:40

Build each 100 to Pink – no breath from flags to wall on finish

Week of November 25th

Monday, November 25th, 2019

4 x 400

#1 Free #2 Drill #3 Choice #4 IMO

9 x 50 (Fly/Free,Back/Free,Breast/Free,Free/Free) @ 1:20

IM

3 x 200 IMO by 100's @ :20 Rest

4 x 100 IM JMI @ 1:45

(:30)

4 x 100 IMO @ 2:00

Descend

(1:00)

8 x 50 Hold Goal Pace 200 +1 Same Stroke @ 1:30

Free

8 x 100 Build

#1-4 w/fins @ 1:25

#5-8 IM @ 2:00

6 x 200 @ 3:20

Descend 1-3 Blue

6 x 100 @ 1:45

Descend 1-3

Ascend 4-6

4 x 100 Kick Red @ 1:45

Tuesday, November 26th, 2019

3 x 100 Free
2 x 200 Non-Free (Different Each 200)
4 x 50 (Fly/Free, Back/Free, Breast/Free, Free/Free)

8 x 50 fist drill @ 1:20
4 x 25 Build

8 x 100 IM @ 1:50

Sprint

8 x 100 Pull/ @ 2:00

IM

4 x 100 @ 1:50
Odds: Work Turns
Evens: Work Finish

1 x 200 FL Red + 100 easy

1 x 200 BK Red + 100 easy

1 x 200 BR Red + 100 easy

1 x 200 FR Red + 100 easy

1 x 100 Max @ 5:00

3 x 50 Blue @ 4:00

2 x 50 MAX @ 3:00

8 x 100 IMO @ :15 sec rest

4 x (50 + 50 easy)

Add up to Best time IM

20 x 50 @ 1:00

Odds: 50 kick

Evens: 50 Swim

Mid D/Stroke

6 x 100 Stroke @ 1:55

Odds: Work Turns

Evens: Work Finish

1 x 400 (200 White/200 Pink) + 100 easy

4 x (200 + 100 easy)

D 1-4

8 x (100 + 50 easy)

D 1-4 , Hold 5-8

8 x (50 MAX + 50 easy)

Distance

8 x 50 @ 1:15

Odds: Work Turns

Evens: Work Finish

1 x 600 (3 x 100 White/100 Red)

3 x (400 + 100 easy)

D 1-3

3 x (200 + 50 easy)

D 1-3

5 x 100 Blue + 50 easy

3 x 200 Blue + 100 easy

Wednesday, November 27th, 2019

8 x 100 @ :20 sec rest

odds: free

evens: IM

2 x 400 Paddle w/Pull Buoy @ :20 rest

5 x 50 fist @ 1:20

1 x 100 Stroke

8 x 150 w/ fins (25 kick/50 swim/25 kick/25 underwater kick/ 25 swim) @ 3:00

2 x {

1 x 200 kick White @ :20 rest

5 x 50 Kick D 1-5 @ :20 rest

}

6 x 100 @ 2:00

#1-3 Negative Split

#4-6 Best average

(2:00)

5 x 100 JMI @ 1:05/1:10

Thursday, November 28th, 2019

1 x 600 (300 Free/300 Choice)
2 x 300
#1 Kick #2 IM

1 x 400 w/ fins
6 x 50 dolphin on back @ 1:20

12 x 100 @ :20 rest
#1-4 Non-Free
#5-8 Free
#9-12 IM

Sprint -

2 x 200 @ 2:50
4 x 50 Non-Free @ 1:00
3 x 100 @ 1:30
4 x 50 kick no board @ 1:10
1 x 200 Kick Pink @ 4:30
4 x 50 D 1-4 @ 1:10

Distance

8 x 50 build to great finish @ 1:10

10 x 100 @ 1:45 Best Average
2 x Broken 500
1 x 100 Red @ 2:00
1 x 200 Pink @ 3:00
1 x 100 Blue @ 2:00
1 x 100 MAX @ 2:00

Mid D/Stroke

8 x 50 build to great finish @ 1:10

1 x 300 MAX
3 x 100 MAX @ 5:00

10 x 50 @ 1:10
Odds 50 Kick
Evens 50 Swim

Friday, November 29th, 2019

1 x 600 (300 Free/300 Back)
12 x 50 odds: IM evens: Non-Free
8 x 50 Drill/Swim @ 1:20

1 x 400 Paddle w/Pull Buoy @ :20 Rest
8 x 50 Pull @ 1:20

Sprint

1 x 300 White @ 4:00
4 x 50 D 1-4 @ 1:20
4 x 100 White @ 2:00
4 x 50 D 1-4 @ 1:10
200 White
4 x 50 Max Breakout @ 1:45

Mid D/Stroke

4 x 100 IM pink @ 1:50

1 x 200 Broken each 50 for :10
(1:00)
3 x 50 MAX from a dive @ 2:30 rest
4 x 50 MAX breakout from push, easy remainder @ :10 rest

1 x 300 White @ 4:10
4 x 100 Kick D 1-4 @ 1:50
5 x 100 (50 BR/50 choice) @ 2:00

Distance

8 x 100 IM pink @ 1:50

1 x Broken 1500
1 x 500 Build @ :10 rest
1 x 500 D 100's 1-5 @ :15 rest
1 x 500 Red @ :20 rest
1 x 100 Blue @ :10 rest
1 x 50 MAX

1 x 800 White @ :20 rest
4 x 50 Kick @ 1:10

Saturday, November 30th, 2019

200 SKIMPS

12 x 50 IMO @ 1:20

12 x 100 (kick/drill/stroke/choice) @ 2:00

1 x 200 Paddle/Pull

Sprint

6 x 100 (white-pink-red-blue) @ 1:30

4 x 50@ 1:10 rest

1 x 100 Broken @ the 50 @ 4:00 rest

2 x 50 MAX from a dive @ 2:30 rest

1 x 200 White

4 x 100 Kick D 1-4@ 2:00

Mid D/Stroke

2 x 300 White- Pink @ 3:50

3 x 100 Descend @ 1:55

8 x 100 Negative Split @ 2:00

4 x 50 D 1-4 @ 1:10

4 x 100 White BP:5 by 50's @ 1:45

10 x 100 Build to great finish @ 1:30

Distance

2 x 400 White – Pink @ 4:00

4 x 100 D 1-4 @ 1:45

600 White

3 x 100 Work the Turns @ 1:45

2 x 300 Pink – Red @ 3:50

300 Negative Split

4 x 50 Build to great finish @ 1:10

Week of December 2nd

Monday, December 2nd, 2019

200 SKIMPS

1 x 400 Paddle/Pull BP: 3,5 by 100's

4 x 100 Kick @ 1:45

Sprint

6 x 50 Build @ 1:15

1 x 400 pull @ 5:00

5 x 100 (3) White (2) Pink @ 1:45

1 x 300 (150 Kick no board/ 150 Swim) @ 5:30

5 x 100 (3) White (1) Pink (1) Red @ 1:45

Cooldown

Mid D/Stroke

8 x 100 Paddle w/Pull Buoy @ 1:30

1 x Broken 100 @ 25's or 200 @ 50's

2 x 50

10 x 50 @ 1:15

1-4 (swim/kick/non-free)

5-8 (easy,medium,build to fast finish)

9-10 Pink

4 x 100 (50 Kick/50 swim) @ 2:00

Distance

6 x 100 @ 1:45

1 x 400 DPS @ 5:00

8 x 50 (2 white/ 2 pink/ 2 red/ 2 pink) @ :50

(:30)

1 x 400 DPS @ 5:00

5 x 100 blue @ 1:30

(:30)

1 x 300 Negative Split @ 4:00

Cooldown

Tuesday, December 3rd, 2019

3 x 200 (200 Free/200 BK/200 BR)
1 x 400 (200 Kick/100 Free/100 Choice)
1 x 400 Paddle w/Pull Buoy DPS

1 x 400 Kick White @ 7:00
4 x 50 (25 Blue/ 25 white) @ :50

Sprint

8 x 50 Paddle w/Pull Buoy @ 1:15

2 x Broken 100 @ 50's
200 easy

6 x 100 (swim/kick/non-free/Choice) @ 2:00
10 x 50 @ 2:00

Mid D/Stroke

5 x 100 @ 1:45

1 x 400 DPS @ 5:40
8 x 50 (2 white/ 2 pink/ 2 red/ 2 pink) @ :50
(:30)
1 x 400 pull @ 5:00
3 x 100 (2) White (1) Pink
(:30)
1 x 400 pull @ 5:00
4 x 100 blue @ 1:40

Distance

4 x 200 Paddle/Pull Pink @ 3:00

4 x 100 IMO @ 2:00

1 x 500 White @ 6:40

4 x 200 D 1-4 @ 2:20
1 x 400 Pink @ 5:10
4 x 100 D 1-4 @ 1:50

Wednesday, December 4th, 2019

4 x 200
#1 Free
#2 Kick
#3 IM
#4 Choice

2 x {
 4 x 50 fist @ 1:10
 4 x 50 (kick/drill) @ 1:15
 1 x 100 Stroke
}

1 x 400 Kick (200 white/200 pink) @ 6:40
4 x 50 Kick D 1-4
4 x 50 Kick D 1-4

Sprint

8 x 50 drill @ :50

2 x 50 MAX
6 x 50 work on breakout

4 x 50 D 1-4 @ 1:10
8 x 50 (free/kick/non-free) @ 1:30
6 x 100 (BK/free) @ :20 sec rest

Mid D/Stroke

8 x 50 build @ 1:00

1 x 100 Broken @ 25's
4 x 50 MAX Stroke @ 4:00
2 x 50 MAX Fly @ 4:00

6 x 200 (free/kick/non-free/drill) @ 2:55
6 x 100 IM @ 2:30

Distance

5 x 100 Negative Split (50 White/50 Red) @ 1:50

1 x Broken 500 @ 100's :10 sec rest

1 x 400 (200 White/200 Pink) @ 5:40
4 x 100 (alternate free/non-free) @ 1:45
1 x 300 blue @ 4:50/5:10
6 x 100 (back/free/choice/fly) @ 2:20
4 x 50 Hold 1500 Goal Pace @ 1:10

Thursday, December 5th, 2019

1 x 400 Free

2 x 300

#1 Non-Free

#2 Kick

6 x 200 Paddle w/Pull Buoy @ 3:35

2 x {

1 x 200 Kick

4 x 100 Kick Descend

}

Sprint

8 x 100 w/fins Fast kick @ 2:00

odds: Flutter

evens: Dolphin

8 x 50 max from dive @ 5:00

Mid D/Distance

5 x 100 @ 1:50

#1-3 100 Pink RB:5

#4-6 100 Red RB:7

6 x 150 @ 3:30 (50 Kick Blue + 100 Swim)

12 x 50 @ 1:00

Friday, December 6th, 2019

1 x 400 (200 Kick/200 Non-Free)

2 x 200

#1 RIMO

#2 IM

6 x 50 (Kick/drill) @ 1:10

Sprint

1 x 400

odd 100's: Free

even 100's: Build Kick

5 x 200 @ 3:00

D1-3 , hold time on 4-5

(2:00)

12 x 50 JMI @ 1:00

2 x 300 (150 White/Build) @ 4:50

Mid D/Stroke

4 x 200 @ 3:30

(White-Pink x 3)

5 x 100 JMI @ 1:25

4 x 200 (100 White/100 Build) @ 3:00

(1:00)

4 x 100 @ 2:00

4 x 100 Descend @ 1:45

Distance

1 x 500 White

4 x 200 descend each 200 @ 2:50

(2:00)

6 x 100 JMI @ 1:25

4 x 100 @ 1:35

(1:00)

4 x 50 Build @ 1:00

Saturday, December 7th, 2019

4 x 200

Kick - Free - IM - Kick

4 x 200 Kick @ 4:00

50 Kick Pink/50 Kick Red/50 Kick Pink/50 Kick Red

100 Kick Pink/100 Kick Red

100 Kick Red/100 Kick Pink

50 Kick Red/50 Kick Pink/50 Kick Red/50 Kick Pink

6 x 200 Paddle w/fins @ 3:00

50 Free

100 Fly

100 Free

200 IM

200 Free

100 Back

500 Free

100 Breast

Week of December 9th

Monday, December 9th, 2019

1 x 600 (300 Free-300 NonFree)
4 x 100 IMO (drill fly) @ :10 rest
8 x 50 (Fly/Free, Back/Free, Breast/Free, Free/Free) @:10 sec

2 x 200 Scull #1 Front, #2 Back
4 x 50 Fist Drill @ 1:10

4 x 100 Kick w/fins @ 1:35
White-Pink-Red-MAX

Sprint

5 x 100 @ 1:30 (no breath in or out of walls) @ 1:45

3 x 200
100 Swim-100 Kick red
(1:00)
6 x 100 @ :20 sec rest
odds: Pink
evens: Red

Mid D

5 x 100 @ 1:30 (no breath in or out of walls)
8 x 50 (25 Drill/ 25 build to max finish) @ :50

4 x (300 + 100 easy)
odds: 100 Swim/100 Kick RED/100 Swim
evens: Descend each 100
(2:00)
4 x (200 + 50 easy)
#1 Pink, #2 Drop 5 secs, #3 MAX Kick, #4 Drop 3 sec from #2
(1:00)
8 x (50 + 50 easy) Descend 1-4 , hold time on 5-8

Distance

2 x 800 (400 White/400 Red) @ :30 sec rest
(1:00)
4 x (200 + 50 easy)
odds: Pink
evens: Max Turns
(1:00)
8 x (100 + 50 easy)
D1-4 , Hold #4 time on 5-8

Tuesday, December 10th, 2019

1 x 100 SKIMPS
200 Kick

3 x 300 Paddle w/Pull Buoy @ 4:45
(:30)
3 x 100 Non-Free work walls @ 2:00

6 x 50 Fist Drill @ 1:10a

Sprint

6 x 100 Paddle/Pull @ 2:15

200 Kick

6 x 50 Blue @ :40
10 x 50 Kick w/fins & chutes underwater @ 2:00

Mid D/Distance

1 x 400 Free
4 x 100 IMO (optional drill fly) @ :10 rest
8 x 50 (Fly/Free, Back/Free, Breast/Free, Free/Free) @ :20 sec rest

6 x 150 (drill/kick/swim) @ 2:10

1 x 400 IM @ 6:30
4 x 50 Kick no board IMO @ :55
(2:00)
4 x 200 IM @ 3:40

8 x 50 Kick Pink @ :55
4 x 50 IMO @ :55

Wednesday, December 11th, 2019

2 x 100 SKIMPS

6 x 100

#1-3 Paddle/Pull @ 1:45

#4-6 Paddles @ 1:45

Sprint

4 x 200 @ 3:20

(2) White (1) Pink

(1:00)

4 x 100 Pink – Red – Blue- MAX @ 1:40

16 x 50 @ :55

(:30)

Mid D

2 x 400 Paddle w/Pull Buoy @ 5:00

3 x 200 IM @ :30 sec rest

4 x 50 Free @ :40

2 x 300 (150 Free/150 Non-Free) @ 4:50

4 x 100 Descend @ 1:45

4 x 50 Free @ :55

Distance

1500 MAX for time

2 x 400 white

Thursday, December 12th, 2019

4 x 200

Swim-Kick-Drill-100 Kick/100 Choice

2 x {

1 x 300 Fist Drill @ 4:40

4 x 50 Build

}

5 x 100 (50 White/50 Swim w/ Fast Legs) @ 1:45

5 x 50 D1-5 @ 1:00

Sprint

3 x 300

#1 White/Pink @ 3:55

#2 (50 Pink/50 max of 4 breaths) @ 4:30

#3 No Breath in or out of walls

8 x 50 @

odds: Fly @ 1:30

evens: Free DPS @ 1:15

12 x 100

#1-4 @ 1:45

#5-8 @ 1:30

#9-10 @ 1:25

#11-12 @ 1:20

4 x 50 Max

Distance

4 x 600 @ 3:20 rest

(200 Red-100 Easy-200 MAX from push-100 easy)

Mid D

2 x Broken 200's

2 x {

1 x 100 MAX :30 rest

1 x 50 MAX Dive

}

3 x 400 @ :20 rest

#1 White/Pink #2 Kick #3 Build each 100

4 x 100 (50 Kick/50 Swim) @ 2:00

Friday, December 13, 2019

2 x 400
IM - kick

2 x {
 6 x 50 Kick w/fins @ :45
 (1:00)
}

Sprint

2 x {
 2 x 200 @ 3:00
}
6 x 100 Descend , Hold time on 5-6 @ 1:45
6 x 50 Kick @ :55

4 x 50 @ 3:30 MAX
2 x 400 @ 5:10

Mid D/Distance

2 x 600 DPS @ 7:40

8 x 100 D 1-6 , Hold time on 7-8 @ 1:45
(2:00)
6 x 50 w/chutes @ 1:30
D1-3, 4-6

2 x 400 @ 5:00
4 x 100 JMI @ 1:15
(1:00)
8 x 50 Hold 500 Goal Pace or 200 Goal Pace + 2 @ 1:10

IM

3 x 400 IM @ :20 sec rest
#1 50 Kick RED/50 Swim White
#2 Descend each 100 + 1/2 way under water MAX kick
#3 Descend 100's #1-3 to Pink, 4th 100 long streamline fast legs

2 x {
 12 x 50
 #1-6 Best Stroke @ :55
 #7-12 Worst Stroke @ :55
}
6 x 50 w/chutes (2)Fly-(2)Back-(2)Breast @ 1:30
Work under waters

4 x 100 Free w/fins JMI @ 1:15

Saturday, December 14th, 2019

2 x 100 SKIMPS

4 x 50 IMO Drill @ :10 rest

2 x {

1 x 100 IM @ 1:45

4 x 50 @ :50

}

50 Kick @ :10 sec

100 Free @ :10 sec

200 non-Free @ :10 sec

300 Kick @ :10 sec

200 Fin Swim @ :10 sec

100 Free @ :10 sec

50 Worst Stroke @ :10 sec

Week of December 16th

Monday, December 16th, 2019

300 Non Free

400 Kick

200 IM

8 x 50 Drill @ 1:10

#1-4 Best Stroke, #5-8 Second Best Stroke

8 x 100 (25 kick/25 drill/50 swim) @ 2:00

#1-4 Best Stroke, #5-8 Second Best Stroke

8 x 50 IMO x 2 @ :10 rest

D1-4, 5-8

Sprint

1 x 200 Work breakout on each wall @ 3:20

4 x 50 Dolphin on Back @ 1:10

3 x {

1 x 50 MAX Kick

(:30)

1 x 50 MAX Dive

}

1 x 400 Free

5 x 50 Non-Free @ :55

Mid D/Distance

8 x 100 (Kick/Drill) Worst Stroke @ 1:45

1 x 500 Paddle/Pull

6 x 100 IM @ 2:00

1 x 500 Free @ 6:20

8 x 50

odds: Fly @ 1:30

evens: Free DPS @ 1:25

12 x 100

#1-4 @ 1:45

#5-8 @ 1:30

#9-10 @ 1:20

#11-12 @ 1:15

Tuesday, December 17th, 2019

100 Free
200 Kick
300 NonFree
400 Free

8 x 100 IM @ 1:55
12 x 50 @ :55
(Fly/Free, Back/Free, Breast/Free, Free/Free)

Sprint

3 x 50 Kick w/chutes @ :55
8 x 50 Swim MAX w/fins @ :55

4 x 200 negative split @ :20 sec rest
8 x 50 w/chutes @ 1:30
#1-4 D1-4 , #4-8 Kick D1-4 to Max

Mid D/Distance

3 x 300
#1 Free #2 Kick/Swim by 50's #3 Best Stroke/ Worst Stroke by 50's

4 x 100 RIMO @ 1:45
8 x 50 (Fly/Free, Back/Free, Breast/Free, Free/Free) :55

2 x {
 4 x 50 w/fins kick dolphin on back @ :55
 1 x 200 MAX Kick w/fins @ 4:30
}

9 x 100
#1-3 50 Build + 50 Red 2 breaths @ 1:45
#4-6 50 White + 50 Red @ 2:00
#7-9 50 MAX no breath + 50 white @ 2:30

IM

4 x 150 (Fly/Back/Breast) @ 2:50
Work Transition Turn + ½ way underwater on Transition
4 x 50 Red @ :55

8 x 50 w/chutes @ 1:40
#1-4 IMO D1-4 , #4-8 IMO Kick D1-4 to MAX

Wednesday, December 18th, 2019

2 x 200 Free

3 x 100 IM

4 x 50 RIMO

2 x {

1 x 200 Fist Drill

4 x 50 Scull

#1-2 Front, #3-4 Back

}

10 x 50 @ 1:30

8 x 50 @ 1:10

#1-4 Descend 1-4

#5-8 DPS

2 x (10 x 50 KICK @ 1:45)

ALL OUT MAX

400 Free

4 x 100 (50 Kick/50 Swim) @ 2:00

Thursday, December 19th, 2019

1 x 600 (300 Free/300 Non-Free)
6 x 150 (50 Back/50 Free/ 50 fly) @ :10 rest
8 x 50 IMO @ :10 rest

1 x 400 Pull/Paddles
6 x 100 Pull @ 1:55

Free

2 x 300 Free JMI @ 3:55
4 x 50 Kick MAX @ 1:10
(1:00)
2 x 300 Free JMI @ 4:15
4 x 50 Kick MAX @ 1:10

IM

2 x 400 IM JMI @ 5:30
4 x 50 Kick IMO @ :55
(1:00)
3 x 200 IM JMI @ 2:45
4 x 50 Kick IMO @ :55

Friday, December 20th, 2019

Sprint

1 x 400 Free
1 x 200 Kick
2 x 100 IM

8 x 50
2 Fast @ 1:10
1 Easy @ 1:30

1 x 50 MAX from Dive @ :30 sec rest
1 x 100 JMI @ 1:35
1 x 50 kick ½ way underwater on every wall @ :1:00
1 x 50 MAX underwater kick from Dive @ 1:50
1 x 100 MAX for time

Mid D/Distance

1 x 1000 (400 Free/300 NonFree/200 Kick/100IM)

2 x 400
 #1 Free
 #2 odds: back, evens: breast @ :10 rest

3 x 200 Kick D 1-3 @ 4:45

3 x {
 200 Paddle/Pull @ 3:00
 4 x 50 Build to Fast IMO @ 1:10
}

8 x 50
2 Fast @ 1:10
1 Easy @ 1:30

1 x 50 MAX from Dive @ :50
1 x 200 JMI @ 2:05
1 x 50 MAX from Dive @ :50
1 x 200 MAX for time

Saturday, December, 21st, 2019

1 x 400 Free

1 x 300 Non-Free

2 x 200 Kick

3 x 100 IM

1 x 500 Kick

4 x 100 Kick (50 easy/50 Build) @ 1:50

10 x 50 Build each 50 to fast flip @ 1:15

4 x 50 (25 underwater kick sprint/25 breakout MAX, easy) @ 1:15

1 x 200 Choice

500 Free

200 Free

200 IM

100 Fly/200 Fly

100 Free

100 Back/200 Back

100/200 Breast

Week of December 23rd

Monday, December 23rd. 2019

1 x 1000 (300 Free/200 Kick/100 Breast/100 BK/250 Choice/50 Drill)

1 x 500 Kick

8 x 50 IMO @ 1:10

4 x 100 JMI @ 1:20

#1-2 Neg Split (White/Red)

#2-4 DPS

Sprint

3 x 200 Best Average @ 3:10

4 x 50 Avg. Best time @ 1:10

2 x 50's max for time

Mid D

5 x 500's

(white - pink - red - blue - Max for time)

Distance

3 x 1500's

(pink - red - Max for time)

IM

4 x 400 IM

(pink - red - blue - max for time)

Tuesday, December 24th, 2019

200 SKIMPS

8 x 50 IMO x 2 @ :10 rest

6 x 50 Drill #1 Stroke @ 2:10

8 x 100 (50 drill/50 swim) @ 2:00

#1-4 Best Stroke, #5-8 Worst Stroke

Sprint

8 x 50 MAX Turns Mid Pool @ :1:05

6 x 50 @ 4:00

#1-2 MAX w/ 2 Breaths

#3-4 MAX w/ 1 Breath

#5-6 MAX w/ 0 Breaths

4 x 50 w/fins from Dive @ 3:00

Mid D

10 x (50 + 50 easy)

500 Hold 500 Goal pace -1

200 Hold 200 Goal Pace

5 x (100 + 100 easy)

500 - Hold 500 Goal Pace

200 - Hold 200 Goal Pace + 2

3 x (200 + 100 easy)

D1-3

Distance

2 x 400 IM

#1 IM Descend , #2 Ascend Free

6 x 200 @ 3:00

#1-2 200 Pink - 25 Blue

#3-4 200 Red - 25 MAX

#5-6 200 Red - 25 Red max of 2 Breaths

10 x (100 + 50 easy)

Goal 1000 Pace -1

10 x (50 + 50 easy)

Goal 200 Pace -2

IM

7 x 400 IM

#1 400 IM

#2 4 x 100 IM @ 2:00

#3 2 x 200 IM @ 2:30

#4 2 x 50 One Fast/One Easy @ 1:10

#5 4 x 100 IM Descend @ 1:45

#6 Drill

#7 For time from Blocks

8 x 100 IM @ 2:00

Red

Wednesday, December 25th, 2019

3 x 200 Free
1 x 400 (200 BK/200BR)
1 x 300 Kick
1 x 100 Swim choice

Sprint

1 x 50 Max For time, from dive

Mid D

1x 200 Max for time, from dive

Distance

1x 500 Max for time, from dive

Cooldown (Enjoy the holidays!)

Thursday, December 26th, 2019

3 x 600

#1 Free

#2 IM

#3 300 BK/300 Choice

4 x 100 Paddle w/Pull Buoy @ 1:55 D1-4

3 x {

1 x 200 kick @ 4:20

4 x 50 MAX kick no board @ 1:10

}

Sprint

3 x 200 Free @ 2:40 D1-3

4 x (100 Fast + 50 easy)

4 x (50 MAX + 50 easy)

Distance

4 x 400 D 1-4 @ 5:00

1 x 800 Strong @ 10:00

8 x 100 @ 1:15

Mid D/Stroke

3 x 200 @ 2:30

8 x (100 Fast + 50 easy)

4 x (50 MAX + 50 easy)

Friday, December 27th, 2019

2 x 500

#1 Free

#2 Back/BR

4 x 100 (50FL/50BK) @ :10 rest

3 x 500 @ 7:50

Bp 3-5-7-5-3 by 100's

4 x 400 Paddle/Pull D 1-4 @ 5:50

6 x 150 (FL/BK/BR) w/ fins @ 2:40

6 x 150 @ 2:20

D 1-3, 4-6 to MAX

Saturday, December 28th, 2019

1 x 1000 Choice

4 x 250 Kick all White @ 5:00

3 x 400 Paddle/Pull D 1-4 @ 5:10

1 x 500 White

5 x 100 @ 1:05/1:10/1:15

1 x 400 White

4 x 100 @ 1:05/1:10/1:15

1 x 300 White

3 x 100 @ 1:05/1:10/1:15

1 x 200 White

2 x 100 @ 1:05/1:10/1:15

Week of December 30th

Monday, December 30th, 2019

2 x 400

#1 Free #2 100 BR/100IM

2 x 300 IM

2 x 200 RIMO

2 x 100 IM

3 x 200 Kick D 1-3 to Fast @ 3:50

6 x 50 (drill, kick) @ 1:15

Sprint

4 x 200 @ 2:55

1 white, 2 pink, 1 red

10 x 100 @ 1:45

4 white, 3 pink, 3 red

12 x 50 @ 1:00

6 pink, 6 red

1 x 200 Kick easy @ 4:00

6 x 50 kick @ 1:10

D 1-3, 4-6

Mid D/Stroke

5 x 200 @ 2:50

1 white, 2 pink, 2 red

6 x 100 @ 1:45

3 pink, 3 red

6 x 50 @ :55

3 Red, 3 MAX

1 x 200 Kick easy @ 4:00

4 x 50 Kick MAX @ 1:10

Distance

4 x 500 @ 6:10

1 white, 1 pink, 2 red

5 x 300 RED @ 4:10

12 x 50 D 1-6, 7-12 to MAX @ :55

Tuesday, December 31st, 2019

1 x 500 Free
1 x 800 (400 NonFree/400 Choice)
200 Kick

12 x 50 drill/swim @ 1:10

10 x 50 IM Fast @ 1:00

4 x {
 200 MAX Kick #1 Stroke @ 3:50
 4 x 50 Kick easy @ 1:10
}

Sprint

10 x 50 @ 3:30
#1-3 MAX of 3 Breaths
#4-6 MAX of 2 Breaths
#7-9 MAX of 1 Breath
#10 No Breath

4 x (50+ 50 easy)
Descend
8 x (50 + 50 easy)
Round 1 all red
Round 2 all MAX

Mid D/Stroke

4 x (200 + 100 easy)
D 1-4
4 x (50 + 50 easy)
All Red
8 x (50 + 50 easy)
D 1-4 , D 5-8 to MAX

Distance

2 x {
 1 x 500 Pink + 100 easy
 1 x 400 Red + 100 easy
 1 x 300 Blue + 100 easy
 1 x 200 Red + 100 easy
 1 x 100 MAX + 100 easy
}

Wednesday, January 1st, 2020

1 x 600 (200 Free/300 Kick/100 Drill)

2 x 400 #1 IM #2 Kick choice

1 x 300 Scull

4 x 50 Dolphin on Back @ 1:10

4 x 100 (Kick/Drill) Worst Stroke @ 1:50

1 x 500 Paddle/Pull

(1:00)

3 x 200 IM @ 3:50

3 x 200 (Kick no Board/Kick board /Choice)

(1:00)

3 x 200 IM :30 sec

6 x 100 JMI @ 1:15

(1:00)

2 x 100 JMI @ 1:10

Thursday, January , 2nd, 2020

1 x 500 (200 Free/200 Non-Free/100 RIMO)

8 x 100 @ :10 rest

odds: #1 Stroke (50 drill/50 swim)

evens: (50 Bk/50 BR)

8 x 50 @ 1:10

Each one work one flip turns pushing off on back

4 x 100 JMI @ 1:25

#1-2 Neg Split (White/Red)

#2-4 DPS

Sprint

5 x {

200 Best Average @ 3:20

4 x 50 Avg. Best time 200 Pace @ 1:10

(1:00)

}

Mid D

5 x {

300 Best Average @ 3:50

3 x 100 Goal 500 Pace -1 @ 1:45

(1:00)

}

Distance

5 x {

400 @ 4:50

4 x 100 Goal 500 Pace -1 @ 1:30

(1:00)

}

Friday, January 3rd, 2020

1 x 600 (300 Free/200 Kick/100 Breast)

1 x 400 Kick

5 x 50 Dolphin on Back @ :50

12 x 50 Continuous IM @ 1:10

Sprint/Stroke

4 x 100 IM @ 1:55 Pink

6 x 50 Fins @ :55

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :50

3 x {

200 White @ 2:50

2 x 50 Pink @ 2:00

4 x 50 MAX @ 1:10

(2:00)

}

Mid D Freestyle

4 x 100 IM @ 1:50 Pink

12 x 50 Fins @ :40

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :30

3 x { – 2 Minutes between each round

300 White @ 4:00

2 x 50 Pink @ 1:15

4 x 100 MAX @ 1:25

}

Distance

2 x 600 (300 White/300 Kick Red) @ 1:00 min rest

3 x 300 (150 Pink/150 Red Kick) @ 1:00 min rest

10 x 100 D1-5 , Hold time on 5-8, 9-10 MAX @ 1:00 min rest

1 x 300 JMI @ 4:00

2 x 200 Kick @ 4:00

#1 Flutter #2 Dolphin

4 x 50 Red Swim @ 1:15

Saturday, January 4th, 2020

3 x 300 #1 Free #2 IMO #3 Kick

5 x 100 @ :10 rest

#1-3 Bp 5 #4-5 Free

8 x 50

#1-4 IMO @ 1:10

#5-8 Free Fist Drill @ 1:10

3 x { w/fins

50 Build Fly @ :50

50 Fast Kick - Flutter @ 1:10

100 FAST @ 2:00

}

Sprint/Mid D

1 x 400 (200 White/200 Kick Red)

2 x 200 (100 Pink/100 Kick Red) @ 3:10

4 x 100 Descend to MAX @ 2:00

2 x {

2 x 100 JMI @ 2:00

2 x 50 Build each 50 to Pink @ 1:15

4 x 50 Red @ 1:05

4 x 50 @ 1:10

odds: from Dive

evens: from Push

}

Distance

1 x 600 Paddle/Pull BP: 3-5-7 by 100's

8 x 100 Build to MAX last 50 @ 2:00

3 x {

400 White @ 4:50

2 x 100 Pink @ 2:00a

4 x 100 Red @ 1:10

2 x 50 MAX @ 1:10

(2:00)

}

Week of January 6th

Monday, January 6th 2020

6 x 150 odds: Free evens: (50 Back/50 BR/50 Choice)

12 x 50

#1-4 IMO (Kick/Swim) @ 1:10

#5-8 Worst Stroke (Kick no board/drill) @ 1:10a

#9-12 #2 Stroke Fist Drill @ 1:10

3 x 600 @ + :15

#1 Paddle/Pull.

#2 Paddle

#3 Descend each 100 to Pink

Free

8 x 100 JMI @ 1:30

4 x 200 @ 2:30

odds: Ascend starting at Red

evens: Descend to Max no breath finish

(2:00)

3 x 100 @ 1:20

1 x 300 JMI @ 4:20

2 x 200 Kick @ 4:20

#1 Flutter #2 Dolphin

4 x 50 Red Swim @ 1:15

IM

6 x 100 JMI @ 1:45

odds: #1 Stroke

evens: IM

(2:00)

4 x {

100 IM w/chute @ 1:50

50 Fly Descend @ 1:10

50 Back (25 kick underwater/25 swim) @ 1:00

50 Breast DPS w/ MAX kick @ 1:00

50 Free MAX @ 3:00

}

Tuesday, January 7th, 2020

2 x 100 SKIMPS

12 x 50 IM @ :15 sec rest

2 x { #1 Stroke/#2 Choice

4 x 50 Fist Drill @ 1:10

}

8 x 50 Kick w/fins no board (Flutter/underwater dolphin) @ 1:15

12 x 50 Kick

#1-4 Flutter no board Descend @ 1:00

#5-8 Fast Legs Smooth Arms @ 1:00

#9-10 Choice Kick no board all RED @ 1:00

9 x 50

2 White @ 1:15

1 FAST @ 1:10

Mid D/Sprint

5 x 100 MAX

Distance

1 x 500 MAX

3 x 200 MAX

Wednesday, January 8th, 2020

4 x 300 Free-Kick-RIMO – (50 Swim/50 Drill)

8 x 100 (50 Build/50 Pink) @ 2:00

8 x 50 @ 1:10

#1-3 (1/2 underwater Kick + breakout on each wall)

#4-6 Build max of 3 breaths

#7-8 DPS

Sprint

4 x 50s RED

2 x 50 MAX from Dive

1 x 400 Fin Swim

3 x 300 @ 4:20

3 x 100 D1-3 @ 1:40

3 x 50 MAX @ 2:00

Distance/Mid D Free

10 x (50 + 50 easy)

Hold 500 Goal Pace - .5

(2:00)

3 x 300 + 100 easy (300 - Neg Split)

200 + 100 easy (200 - out pace of 1000)

100 + 50 easy (100 - out pace of 500)

50 + 50 easy (50 - MAX)

1 x 200 Fin Swim

(1:00)

5 x 100 w/fins @ 1:35

add up to best time 500

Mid D Stroke/IM

8 x (50 + 50 easy)

Hold 200 Goal Pace -.5

(2:00)

2 x 200 + 100 easy (200 - Neg Split)

100 + 50 easy (100 - out pace of 200 + 6)

2 x (50 + 50 easy) (50 - Last 100 Split of 200 divided by 2)

1 x 200 Fin Swim

(1:00)

2 x (100 w/fins + 100 easy)

add up to best time 200

Thursday, January 9th, 2020

2 x 300 Free/Non-Free

4 x 100 IM

8 x 50 Kick @ 1:10

3 x 50 Drill Choice @ 1:00

6 x 50 Stroke @ 1:10

Mid D/Sprint

4 x 200 Paddle w/Pull Buoy @ 2:50

#1 Descend each 100

#2 Build each 200

#3 Fast Flips

#4 DPS

8 x (100 + 50 easy)

D1-4 , 5-8

1 x 400 FR/Non-FR by 100

8 x 50 (2 white/ 2 pink/ 2 red/ 2 pink) @ 1:05

4 x 50 Worst Stroke @ 1:10

1 x 300 (50 BK/50 BR)

3 x 100 (2) Pink (1) Red @ 1:30

3 x 50 (25 underwater/25 easy) @ 1:10

1 x 200 (FR/Non-FR by 100)

2 x 100 (1) Red (1) Blue @ 1:30

2 x 50 #1 Stroke Drill @ 1:10

4 x 50 Kick MAX @ 1:10

Distance

3 x 600 Paddle w/Pull Buoy

#1 Descend each 100

#2 Descend each 200

#3 Descend each 300 to MAX

8 x (150 + 50 easy)

odds: Free – Hold all same Time

evens: Non-Free Pink

10 x (100 + 100 easy)

10 x 50 Build @ 1:15

6 x 100 IM @ 2:00

Friday, January 10th, 2020

200 SKIMPS

6 x 50 (25 fist/25 pink) @ 1:10
Concentrate on high elbow catch
6 x 50 Free Underwater Recovery Drill @ 1:10

1 x 400 Kick w/fins
53x 50 Kick w/fins dolphin on back @ :55
3 x 50 underwater MAX kick w/fins @ :1:00

Sprint

50 Pink	ex :30
100 (Goal Time -Pink 50 x 2 + 3) @ 2:30	ex 1:03
200 (Goal Time -100 + Pink 50 x 2 + 4) @ 4:30	ex 2:07
300 (Goal Time -200 + Pink 50 x 2 + 5) @ 6:00	ex 3:12

50 Red	ex :30
100 (Goal Time -Red 50 x 2 + 2) @ 2:30	ex 1:02
200 (Goal Time -100+ Red 50 x 2 + 3) @ 4:30	ex 2:05
300 (Goal Time -200 + Red 50 x 2 + 4) @ 6:00	ex 3:09

Distance/Mid D/Stroke

100 Pink	ex 1:05
200 (Goal Time -Pink 100 x 2 + 3) @ 2:30	ex 2:13
300 (Goal Time -200 + Pink 100 + 4) @ 4:30	ex 3:22
400 (Goal Time -300 + Pink 100 + 5) @ 6:00	ex 3:33

100 Red	ex 1:05
200 (Goal Time -Red 100 x 2 + 2) @ 2:30	ex 2:12
300 (Goal Time -200 + Red 100 + 3) @ 4:30	ex 3:20
400 (Goal Time -300 + Red 100 + 4) @ 6:00	ex 3:29

Saturday, January 11th, 2020

3 x 200

#1 Free #2 Kick (FL/FR) #3 Choice

8 x 50 Kick w/fins @ 1:30

#1-2 underwater kick

#3-6 Max of 2 breaths

#7-8 Max of 1 breath

5 x 100 D1-5 @ 1:30

5 x 100 Kick no board D1-5 @ 2:00

12 x 50 kick w/fins

4 x 100 MAX

4 x 50 MAX

4 x 50 MAX

12 x 50 (50 Kick/50 Swim)

4 x 100 JMI

Week of January 13th

Monday, January 13th, 2020

1 x 500

10 x 50 IMO @ 1:25

Sprint

2 x (10 x 50 @ 1:45) ALL OUT MAX

Cooldown

Mid D Free/BK/BR

4 x 200 (White/Pink/Red/Blue) @ 3:00

8 x 100 @ 2:00

D1-4 , 5-8 Hold Time

(2:00)

3 x 200 (Red/Blue/MAX) @ 3:00

6 x 100 Best Average @ 2:00

Fly

4 x 200 (FR/FL by 100's) @ 3:00

8 x 100 @ 1:45

odds: Free

evens: Fly

(2:00)

6 x 100 FLY @ 2:00

Distance

3 x 500 (White/Pink/Red)

3 x 400 (White/Pink/Red)

(2:00)

4 x 200 (White/Pink/Red/Blue)

4 x 100 Best Average

Tuesday, January 14th, 2020

400 Free

400 RIMO

400 (BK/DBL Arm BK/BR/Choice) by 100s

4 x 50 (drill/swim) @ :55

Free

3 x 400 w/fins BP: 3,5 by 100s @ 5:30

3 x 100 w/fins @ 1:35

2 x {

3 x 200 Paddle w/Pull Buoy

6 x 100 @ 1:20

}

IM

3 x 400 IM w/fins FL & FR - BP: 3,5 by 50 @ 6:30

3 x 100 Fly/Back/BR @ 1:30

2 x {

3 x 200 Paddle w/Pull Buoy

6 x 100 @ 1:15 (IM)

}

Wednesday, January 15th, 2020

2 x 100 SKIMPS

6 x 150 (Kick/Drill/Swim) @ 3:10

10 x 100 Kick w/fins @ 2:00

odds: flutter kick

evens: 25 underwater/50 swim/25 underwater

Sprint/Mid D

1 x 400 (FR/Non-FR by 100)

4 x 100 (2) White (2) Pink @ 1:55

4 x 50 Worst Stroke @ 1:30

1 x 300 (50 BK/50 BR)

3 x 100 (2) Pink (1) Red @ 1:45

3 x 50 (25 underwater/25 easy) @ 1:55

1 x 200 (FR/Non-FR by 100)

2 x 100 (1) Red (1) Blue @ 1:55

2 x 50 Best Stroke Drill @ 1:30

8 x 50 Kick MAX @ 1:10

Distance

8 x 75 (drill/swim/drill) @ 1:15

8 x 50 Kick D 1-4 , 5-8 to MAX @ 1:10

4 x 300 White @ 4:00

4 x 250 White @ 3:30

4 x 200 Pink @ 2:50

4 x 100 Red @ 1:30

8 x 50 @ :50 JMI

Thursday, January 16th, 2020

8 x 100
odds: free
evens: IM

1 x 300 Paddle w/Pull Buoy @ :20 rest
2 x {
 5 x 50 fist @ 1:10
 1 x 100 Stroke
}

Sprint

6 x 100 w/fins (50 Swim/ 50 Drill) @ 1:50

2 x 300 White @ 4:00
4 x 50 D 1-4 @ 1:10
2 x 200 White @ 2:40
4 x 50 D 1-4 @ 1:10
2 x 100 White @ 1:35
4 x 50 Max Breakout @ 1:35

Mid D

6 x 100 w/fins (50 Swim/ 50 Drill) @ 1:50

2 x 300 White @ 4:00
4 x 50 D 1-4 @ 1:10
2 x 200 Pink-Red @ 2:40
4 x 50 D 1-4 @ 1:10
2 x 100 White @ 1:35
4 x 50 Max Breakout @ 1:35

6 x 50 Kick D1-4 , Hold time on 5-6

Distance

6 x 100 w/fins (50 Swim/ 50 Drill) @ 1:50

4 x (200 pad/pull + 100 easy)
Descend
5 x (100 + 50 easy)
#1-5 Goal 500 Pace

4 x (50 + 50 easy) All FAST

Friday, January 17th, 2020

10 x 50 (25 Kick w//25 fist) @ 2:00

4 x 50 Underwater Recovery @ 1:30

4 x 50 Build @ 1:10

4 x 200 Kick @ 5:00

odds: 100 White/100 Red

evens: 100 Red/100 White

Sprint

1 x 400 Scull

1 x 400 (200 Free-White/200 Non-Free – White) @ 5:10

6 x 100 Paddle @ 1:15

#1-3 Descend, #4-6 Ascend

300 (150 Non-Free – Pink/150 Free – White) @ 4:10

4 x 100 Fins @ 1:10

200 (100 Drill/100 Kick) @ 3:10

4 x 100 JMI @ 1:30

100 Build each Turn @ 1:45

3 x 100 fast breakouts @ 1:45

Mid D

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :50

2 x {

1 x 100 @ 7:00

4 x 50 @ 4:00

}

1 x 400 White

5 x 100 (50 kick/50 swim) @ 2:00

8 x 50 Non-Free @ :50

Distance

2 x Broken 500

200 (White/Pink) @ :10 rest

100 Red @ :10 rest

100 Blue @ 10 rest

100 MAX

Take overall time -:30

1 x Broken 1500

300 (Build) @ :10

200 White @ :10 rest

5 x 100 Best Avg @ :10 rest

300 (150 Pink – 150 Red) :10

150 MAX

Saturday, January 18th, 2020

6 x 200

odds: free

evens: 100 Kick/100 Back

8 x 50 fist drill @ 1:30

Mid D/D

4 x 100 IM (2) White (2) Pink @ 1:45

4 x 50 JMI @ :50

(2:00)

1 x 300 FR/Non-FR by 50

3 x 100 IM (2) Pink (1) Red @ 1:10

4 x 50 JMI @ :45

(1:00)

1 x 200 FR/Non-FR by 100

2 x 100 JMI Red-Blue @ 1:45

4 x 50 JMI Dolphin kick @ 1:10

Sprint

3 x 100 IM (2) Pink (1) Red @ 1:10

4 x 50 JMI @ :45

(2:00)

1 x 200 FR/Non-FR by 100

2 x 100 JMI Red-Blue @ 1:45

4 x 50 JMI Dolphin kick @ 1:10

(1:00)

1 x 100 FR Blue

1 x 100 IM White @ 1:45

4 x 50 1 Breath @ 1:30

Week of January 20th

Monday, January 20th, 2020

4 x 300 Free/IM/Kick/Non-Free

2 x {

4 x 50 fist drill @ 1:10

1 x 100 lowest Stroke count possible @ 2:00

4 x 50 DPS @ 1:10

}

Sprint

3 x 200 JMI @ 2:35

4 x 50 Kick no Board @ 1:10

3 x 100 JMI @ 1:15

4 x 50 JMI @ :55

1 x 400 /Pull

12 x 50 @ :50

4 x 50 Kick Max @ 1:10

Mid D/Stroke

2 x 300 JMI @ 4:30

4 x 50 Kick MAX @ 1:10a

3 x 200 JMI @ 3:00

4 x 50 Kick MAX @ 1:10a

1 x 400 Paddle/Pull

6 x 100 Paddle @ 1:25

4 x 50 Kick Max @ 1:10

Distance

4 x 300 @ 3:50

(2) White-Pink-Red

4 x 200 Pull @ 2:30

White-Pink-(2) Red

(1:00)

5 x 100 Broken @ 50 for :10

Hold 500 Goal Pace -3

1 x 400 Kick no board @ 6:00

4 x 50 kick MAX @ 1:10

IM

2 x 400 IM @ 5:10

#1 Descend #2 Ascend

6 x 100 @ 2:00

odds: Fly/Back/Breast

evens: Fly

Build each 50 to MAX turn

(1:00)

8 x 50 @ :55

#1-4 work best turn

#5-8 work worst turn

8 x 50 IMO @ :55

Build first 25 to MAX

Transition to next Stroke

Tuesday, January 21st, 2020

1 x 600 (300 Free/200 Back/100 BK)

1 x 400 (100 Drill/300 Swim)

6 x 50 w/fins (drill/swim) @ 1:10

6 x 50 w/fins (swim/underwater kick) @ 1:15

Sprint

6 x 50 MAX

2 x (300 + 100 easy)

#1 Work Turns & MAX Breakout

#2 Great Finish MAX @ every wall
(1:00)

4 x (100 + 50 easy)

(2) White (2) Pink

8 x (50 + 50 easy)

#1-4 200 Best Time

#5-8 Hold Goal 200 Pace -1

Distance

3 x (500 + 100 easy)

#1 Paddle/Pull - White

#2 Paddle - Pink

#3 Swim-Red

2 x (600 + 100 easy)

#1 Neg Split (White-Red)

#2 Neg Split (Red-Blue)

10 x (100 + 50 easy)

Hold 1000 Goal Pace -1

Mid D/Stroke

3 x (300 + 100 easy)

#1 Paddle/Pull White

#2 Paddle Pink

#3 Swim Red

4 x (200 + 100 easy)

White-Pink-Red-Blue

5 x (100 + 50 easy)

#1 Stroke D1-5 to MAX

3 x 200 Paddle DPS @ 2:45

Wednesday, January 22nd, 2020

2 x 300 #1: Free #2: Non-Free

3 x 100 Scull

2 x {

6 x 50 fist drill @ 1:10

1 x 100 Stroke @ 2:00

}

12 x 50 Paddle/Pull @ :55

6 x 50 Pull @ :55

Sprint

1 x 300 Work each breakout

3 x {

1 x 100 MAX @ 7:00

2 x 50 MAX @ 4:00

}

1 x 500 Free @ :20

1 x 400 Build each 100 to MAX finish @ :20

4 x 50 Non-Free @ :50

Mid D

2 x 400 (200 White Free/200 Pink BK) @ 5:40

4 x 100 IM @ 1:45

(1:00)

3 x 200 Fin Swim @ 2:20

6 x 50 w/fins under/over @ 1:10

6 x 100

odds: JMI Free @ 1:15

evens: IM @ 1:30

Distance

600 (300 White Free/300 Pink Back) @ 9:00

4 x 200 IM @ 2:45

(1:00)

2 x 400 Fin Swim @ :20 rest

odds: BP: 5 evens: BP: 4

5 x 100 JMI @ 1:25

odds: (50 Free/50 Non-Free) evens: Free

Thursday, January 23rd, 2020

Sprint

300 Free

300 Kick

100 IM

200 Pink

Mid D/Distance

2 x 300 (200 Free/100 IM)

1 x 300 Kick no board

8 x 50 2 of each Stroke kick/drill by 25's @ 1:15

5 x 200 Pull @ 2:55

odds: BP: 3

evens: BP: 5

1 x 200 kick no board @ 3:30

4 x 50 @ 1:30

odds: Pink/Red

evens:Red/Pink

2 x {

1 x 400 w/fins @ 5:20

4 x 50 kick dolphin on back @ :1:00

}

8 x 50 w/ chutes @ 1:30

Cooldown

Friday, January 24th, 2020

1 x 600 (300 Free/300 Non-Free)

4 x 50 IMO @ :10 rest

1 x 600 (200 Kick/200 Back/200 Kick)

2 x {

100 Drill #1 Stroke @ 1:50

2 x 50 @ :45

}

4 x 150 Kick (White/Pink/Build to MAX finish) @ 2:15

Sprint

4 x 100 IM @ 1:50

4 x 50 Build @ 1:10

4 x 100 IM @ 1:50

4 x 50 Build/MAX last 25 @ 1:10

4 x 100 JMI @ 1:10

(2:00)

4 x 50 @ :55

10 x 50 @ 1:10

Odds 50 Kick

Evens 50 Swim

Mid D

8 x 100 IM @ 1:45

4 x 100 FL or FR MAX @ 2:00

4 x 50 MAX kick @ :50

4 x 200 IM @ 2:40

4 x 50 FR or FL Build/MAX last 25 @ 1:30

4 x 100 JMI @ 1:10

(2:00)

4 x 50 @ :55

10 x 50 @ 1:10

Odds 50 Kick

Evens 50 Swim

Distance

8 x 100 IM @ 2:00

4 x 100 FL or FR Build to no breath/RED finish last 12.5 @ 1:55

4 x 50 Best Average @ :55

4 x 200 IM @ 2:40

4 x 100 FL or FR Build max of 5 breaths last 50 @ 1:45

4 x 50 Best Average @ :55

4 x 100 JMI @ 1:10

(2:00)

4 x 50 @ :55

10 x 50 @ 1:10

Odds 50 Kick

Evens 50 Swim

Saturday, January 25th, 2020

1 x 300 Free

1 x 200 Kick

1 x 100 IM

4 x 50 Non-Free @ :10 rest

3 x 200 Paddle/Fins @ 2:40

4 x 50 Paddle/Fins @ :55

12 x 50 @ :55

odds: 50 Kick

evens: 50 Swim

4 x 100 Descend @ :10 rest

4 x 50 Descend @ :10 rest

1 x 300 Easy

12 x 50 @ 1:30

odds: from a dive work breakout

evens: from push work turn

Week of January 27th

Monday, January 27th, 2020

1 x 500 White Kick

Non-Stop{

400 Kick-400 Pull-400 Swim

300 Kick-300 Pull-300 Swim

200 Kick- 200 Pull- 200 Swim

100 Kick- 100 Pull- 100 Swim

}

3 x 400

#1 Free #2 RIMO #3 Kick (200 no board)

5 x 100 IM Drill @ :10 rest

3 x {

8 x 50 Kick @ 1:10

2 x 100 Kick @ 2:00

}

3 x 200 Negative Split@ 2:50

#1 (Clear/Red)

#2 (White/Blue)

#3 (Pink/MAX)

1 x 400 work breakouts

4 x 50 build to MAX finish@ 1:10

(1:00)

2 x 300 @ 3:50

12 x 50 @ :55

odds: Free

evens: IMO

Free

12 x 100 w/fins @ 1:355

4 x 100 Paddles/Fins @ 1:50

IM

2 x 200 IMO@ 3:30

4 x 150 (50 BK/100 Breast) @ 3:00

4 x 150 (50 BR/100 Free) @ 3:20

Tuesday, January 28th, 2020

1 x 1000 (200 Free/300 Kick/100 BK/400 Choice)

3 x 300 (100 IM/100 Kick No Board/100 Fly/BK by 50's)

8 x 100 Kick JMI

1-4 @ 2:00

5-8 @ 1:45

16 x 50 @ :50

#1-4 sprint turns in & out of flags

#5-8 BK 15 yds underwater kick + fast breakout

#9-12 free with fast kick

#13-16 Fly 25 kick/25 fast

Sprint

5 x (200 Best Average @ 3:00 + 4 x 50 Best Avg. @ :50 + 1:10 rest)

Mid D

5 x (300 Best Average @ 3:50 + 3 x 100 Goal 500 Pace @ 1:45 + 1:10 rest)

Distance

5 x (400 @ 4:30/4:45/4:50 + 4 x 100 Goal 500 Pace @ 1:10/1:15/1:30 + 1:10 rest)

IM

5 x (200 IM Best Average @ 2:20/2:40/2:50 + 4 x 50 IMO Avg B.T. 200 Pace – 1 + 1:10 rest)

Wednesday, January 29th, 2020

2 x 300 #1: Free #2: Non-Free
3 x 100 Scull

2 x {
 6 x 50 fist drill @ 1:10
 1 x 100 Stroke @ 2:00
}
12 x 50 Paddle/Pull @ :45

Sprint

6 x 100 (white/pink/red/blue) @ 1:45

4 x 50 from a dive w/ 5 Strokes fast @ 1:10

1 x 100 Broken @ the 50 @ 4:00
2 x 50 MAX from a dive @ 2:30 rest

1 x 500 White
4 x 100 Kick D 1-4 @ 1:50
5 x 50 (25 kick BR/25 swim choice) @ 1:10

Mid D

4x 50 Paddle w/Pull Buoy @ 1:15

1 x Broken 200 @ :50
Add up to BEST TIME 200
2 x Broken 100 @ 50

Free

5 x 100 Kick @ 1:45
2 x 100 Pull @ 1:40
2 x 200 Pull @ 2:40

Distance

1 x 900 (300 fl-300 every other free – 300 stretch drill)
1 x 600 (300 fl/fr-300 back/breast)
1 x 1000 Broken
9 x 100 @ 1:45 BP: 3-5
(10 x 100 @ :20 rest)

Thursday, January 30th, 2020

200 SKIMPS

6 x 50 IMO @ 1:10

6 x 50 (Kick/Drill) @ :55

1 x 400 Paddle/Fins

Sprint

1 x 500 (200 Free White/200 Free Pink/100 Free Build Finish)

4 x 50 Kick Build to Pink @ 1:10

1 x 300 (150 Free White/150 Non-Free)

4 x 50 fist drill @ 1:10

Mid D

3 x 200 White/Pink/Red @ 2:40

6 x 100 @ 1:45

odds: descend to MAX finish

evens: ascend MAX breakout

6 x 50 MAX each breakout off both walls @ 1:10

Distance

1 x 400 Build each 100 to MAX flip

3 x 200 Red @ 2:40

4 x 150 (100 Build to Pink + 50 Red)

3 x 100 (50 Kick/50 Swim) @ 2:00

Friday, January 31st, 2020

200 SKIMPS

6 x 50 IMO @ 1:10

1 x 200 Kick

8 x 50 @ 1:10

odds: Dolphin on Back

evens: BR kick on Back

Sprint

6 x 50 @ 4:00

#1-2 MAX 2 Breaths TOTAL

#3-4 MAX 1 Breath TOTAL

#5-6 MAX 0 Breath TOTAL

4 x 50 MAX w/ fins from dive

1 x 50 w/ fins from push

Mid D

10 x (50+50 easy)

500 – Hold 500 Goal pace –2

200 – Hold 200 Goal pace – 1

5 x (100 + 100 easy)

500 – Hold 500 Goal Pace

200 – Hold 200 goal pace +1

3 x (200 + 100 easy)

D 1-3

Distance

4 x 200

#1-2 IM Descend, #2-4 Ascend Free

6 x 200 @ 2:50

#1-2 200 Pink – 25 Blue

#3-4 200 Red – 25 MAX

#5-6 200 Red – 25 Red max of 2 breaths

10 x (100 + 50 easy)

Goal 1000 Pace

10 x (50 + 50 easy)

Goal 500 Pace –2

Saturday, February 1st, 2020

300 Free

200 Kick

100 Breast

100 BK

300 Choice

10 x 50 (Kick/Drill) @ :55

1 x 400 Paddle/Fins

12 x 50 @ 1:15

odds: IM

evens: BP: 3

1 x 400 IM @ 7:00

4 x 200 @ 2:40

First 50 build to MAX turn + 3 Strokes breakout no breath

(1:00)

4 x 100 @ 1:45

(25 no breath Red/75 Choice)

2 x 300 @ 3:50

#1 Negative Split – White/Pink

#2 Negative Split – White/Red

8 x 100 JMI

#1-4 @ 1:30

#5-8 @ 1:15

Week of February 3rd

Monday, February 3rd, 2020

1 x 500 (200 Free/200 Non-Free/100 RIMO)

8 x 100 @ :10 rest

odds: # 1 Stroke (50 drill/50 swim)

evens: (50 Bk/50 BR)

Sprint

5 x (200 Best Average @ 3:20 + 4 x 50 Avg. Best time 200 Pace @ 1:10 + 1:00 rest)

Mid D

5 x (300 Best Average @ 3:50 + 3 x 100 Goal 500 Pace -1 @ 1:45 + 1:00 rest)

Distance

5 x (400 @ 4:50 + 4 x 100 Goal 500 Pace -1 @ 1:30 + 1:00 rest)

IM

5 x (200 IM Best Average @2:50 + 4 x 50 IMO @ 1:10 Avg Best Time 200 Pace -1 + 1:00 rest)

Tuesday, February 4th, 2020

200 SKIMPS

12 x 100

#1-4 @ 1:30 (Neg Split White-Pink)

#5-8 @ 1:45 IM

#9-12 Long turns (go to mid-pool off each wall)

4 x 50 work breakouts @ :50

Sprint

2 x {

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :40

}

4 x 50 @ 3:00

1 x 300 (100 BK/100BR/100FR)

4 x 100 IM @ 2:00

1 x 300 (Kick/Drill/Swim)

4 x 100 IM @ 2:00

IM

3 x {

200 IM Pink + 50 choice easy

}

4 x (100 IM Pink + 50 Red IMO)

Ex: 100 IM + 50 FLY

Ex: 100 IM + 50 BK

6 x 50 (25 kick MAX DOLPHIN underwater/25 swim) w/fins @ 1:10

12 x 50

Odds: 50 kick

Evens: 50 swim

Mid D

2 x (300 + 100 easy)

Pink – Pink

4 x (200 + 50 easy)

Descend

4 x (100 + 50 easy)

D 1-4

8 x (50 + 50 easy)

Hold Goal 500 Pace

Distance

1 x (600 + 200 easy) Pink

4 x (300 + 100)

D 1-4 to Pink

4 x (200 + 50 easy)

White-Pink-Red-Red

8 x (100 + 50 easy)

All Red

8 x (50 + 50 easy)

Hold Goal 1000 Pace

Wednesday, February 5th, 2020

1 x 400 (200 Free/200 Back)

2 x 300 #1 RIMO #2 Kick

1 x 400 Paddle w/Pull Buoy

2 x {

4 x 50 (25 underwater kick/25 swim) @ 1:10
(:30)

}

Sprint

3 x {

300 DPS @ 4:00

2 x 200 White-Pink @ 2:30

3 x 100 Choice @ 1:45

4 x 50 D 1-4 @ 1:10

}

Mid D

5 x 100 D1-5

5 x 100 Neg Split (Clear-Pink) @ 1:45

4 x 50 MAX @ 3:00

1 x 400 easy

2 x (5 x 50 @ 1:45) ALL OUT MAX

Distance

5 x 100 Neg Split (Clear-Pink) @ 1:30

Work long turns

5 x 200 BEST AVERAGE @ 2:30

10 x 100 BEST AVERAGE @ 1:45

4 x 50 MAX @ 1:10

1 x 200 easy

4 x 50 kick MAX @ 1:10

Thursday, February 6th, 2020

4 x 300

odds: Free

evens: 100 choice/100 worst Stroke/50 non-free

5 x 50 drill @ 1:10a

1 x 300 scull

12 x 50 w/ fins @ :40

1-6 (50 drill/50 Stroke)

#7-12 (50 Stroke/50 build)

Sprint

3 x 200 Paddle/Pull @ 2:45

3 x 100 Pull @ 1:30

4 x 50 Max @ 3:00

1 x 400 easy

2 x (5 x 50 Best Average) @ 1:45

second round w/ fins

MidD

3 x 200 Paddle/Pull

6 x 50 max of 2 breaths @ 1:10

8 x 200 @ 2:40

#1-2 Free

#3-4 (100 Kick/100 Swim)

#5-6 Non-Free

#7-8 RIMO

15 x 100 odds: Free @ 1:30 evens: IM @ 1:45

Distance

3 x 200 Paddle/Pull

1 x 400 easy

8 x 200 @ 2:40

#1-2 Free

#3-4 (100 Kick/100 Swim)

#5-6 Non-Free

#7-8 RIMO

15 x 100 Free @ 1:45

Friday, February 7th, 2020

Sprint

200 Free

300 Kick (150 board/150 no board)

200 IM

4 x 250 @ 3:00/3:15

evens: no breath mid pool through turn

odds: no breath out of turn to mid pool

8 x 100

odds: Free JMI @ 1:10/1:15

evens: Breast kick @ 2:00a

(2:00)

6 x 75 D1-4 , Hold Red on 5-6 @ 1:30a

4 x 50 Ascend at Blue @ 1:10a

20 x 25

#1-10 w/ chutes @ :45

#11-20 w/ fins underwater kick @ :30

Mid D/Distance

200 SKIMPS

5 x 100 @ :20 rest

#1-3 Best Stroke (50 Drill/50 Different Drill)

#4-5 Worst Stroke (50 Kick/50 Swim)

2 x {

1 x 500 Fin Kick

4 x 50 Dolphin on back w/fins @ :55

}

IM

4 x 200 IM @ 3:15

8 x 100 IMO x 2 @ 11:45

(2:00)

4 x 50 Free Descend 1-4 @ 1:10

4 x 50 Breast Ascend 1-4 at Red @ 1:45

Saturday, February 8th, 2020

1 x 500 Free

1 x 400 (200 Kick/200 Non-Free)

2 x 200

#1 RIMO

#2 IM

6 x 50 (Kick/drill/swim) @ 1:10

8 x 50 @ :50

odds: drill/ evens: Stroke

8 x 50 w/ fins @ :50

odds: 12.5 max underwater kick MAX breakout

evens: MAX finish

4 x 100 Neg Split @ 1:45

4 x 50 D 1-4

Week of February 10th

Monday, February 10th, 2020

200 SKIMPS

6 x 50 IMO @ 1:10a

10 x 50 (Kick/Drill) @ :55

Sprint

6 x 100 (white-pink-red-blue) @ 1:50

2 x 200 @ 2:50

White-Pink

2 x 50 Kick Build each 25 to Pink @ 1:30
(:30)

4 x 100 (2) Pink (2) Red @ 1:40

2 x 50 Kick no board RED @ :50
(1:00)

6 x 50 @ 1:10

(3) Pink (3) Red

2 x 50 Kick no board BLUE @ :50

8 x 50 @ 1:10

#1-4 add up to best time 200

#5-8 Descend to MAX

10 x 50 @ 1:40

#1-4 MAX Breakout

#5-6 MAX Finish

#7-8 Build

#9-10 Underwater Kick

Mid-d/Distance

8 x 100 @ 1:45

odds: Build each 50

evens: Ascend each 50 from Red

2 x 600 @ 7:10

White-Pink

4 x 50 Kick @ 1:10

(2) White (2) Pink

(:30)

3 x 400 @ 5:30

(2) Pink (1) Red

4 x 50 Kick no board RED @ :50

(:30)

4 x 200 @ 2:40

White-Pink-(2) Red

4 x 50 Kick no board BLUE @ :55

(1:00)

8 x 100 JMI @ 1:15

Tuesday, February 11th, 2020

1 x 500 Free

1 x 400 (100 Non-Free/100 Drill Fly x 2)

4 x 100 RIMO @ :10 rest

3 x {

2 x 50 fist drill @ 1:10

2 x 50 Build Stroke @ 1:00

}

3 x 200 @ 2:40

#1 BP: 3

#2 BP: 5

#3 Max of 4 breaths per 50

IM

3 x (150 IMO + 50 free easy)

#1 Red Fly - Pink BK - Pink BR

#2 Pink Fly - Red BK - Pink BR

#3 Pink Fly - Pink BK - Red BR

8 x (50 + 50 easy) IMO x 2

#1-4 Build each 25 to MAX turn

#5-8 Build each 25 to MAX

4 x (50 + 50 easy)

#1 Fly-BK + 50 breast easy

#2 BK-BR + 50 free easy

#3 BR-FR + 50 free easy

#4 FL-BK + 50 breast easy

Distance

2 x {

3 x (200 + 50 easy)

Neg Split (White/Blue)

5 x (100 + 100 easy)

add up 100's to best time 500

4 x (50 + 50 easy) Stroke

add up 50's to best time 200

}

Sprint

1 x Broken 200 @ 50's

4 x 50 w/fins Max

1 x 400 Easy

4 x 50 Kick MAX @ 1:10

6 x 100 (kick/swim) @ 1:45

Mid D

2 x {

2 x (200 + 100 easy)

Neg Split (White/Blue)

4 x (100 + 100 easy)

Build 1st 50 to Pink

Hold 2nd 50 @ Red

4 x (50 + 50 easy) Stroke

build 1st 25 to MAX

Hold 2nd 25 @ MAX

}

Wednesday, February 12th, 2020

1 x 800 (400 Free/400 Choice)

2 x 300

#1 Kick #2 IM

5 x 50 dolphin on back @ 1:10

8 x 100 @ :20 rest

#1-4 Non-Free

#5-8 Free

#9-12 IM

Sprint

6 x 100 (white-pink-red-blue) @ 1:35

2 x 100 Broken @ the 50 @ 4:00

2 x 50 MAX from a dive @ 2:30

2 x 50 MAX from push @ 2:30

Mid D

8 x 50 (25 Drill/ 25 build to max finish) @ :50

1 x 400 BP: 3,5 by 100's @ 4:10

4 x 50 Non-Free @ :55

1 x 300 BP: 3,5,7 @ 3:50

4 x 50 kick no board @ 1:10

1 x 200 Kick Pink @ 4:00

4 x 50 D 1-4 to Pink @ 1:10

4 x 50 Breakout

Distance

1 x 800

6 x 150 (even 25's no breath) @ :20 rest

12 x 50 D 1-3 @ 1:05

BP:7

1 x 400 fin kick no board

6 x 100 kick @ 1:45

D1-4, hold for 5-6

1 x 100 easy

3 x { @ 12:00

1 x 200 @ 3:00 Dive

Go 500 Pace

2 x 100 @ 2:00

Goal going out 200 pace for 500

1 x 100 Dive MAX

}

10 x 50 @ 1:10

Odds 50 Kick

Evens 50 Swim

Thursday, February 13th, 2020

400 SKIMPS

8 x 50 drill choice @ 1:10

1 x 400 Paddle/Fins

Sprint

8 x 50 (25 Drill/ 25 build to max finish) @ :50

1 x 400 BP: 3,5 by 100's @ 4:50

4 x 50 Non-Free @ :50

1 x 300 BP: 3,5,7 @ 3:50

4 x 50 kick no board @ 1:10

1 x 200 Kick Pink @ 4:00

4 x 50 D 1-4 to Pink @ 1:10

1 x 500 White @ 7:00

5 x 50 (25 kick BR/25 swim choice) @ 1:10

Mid-D/Distance

1 x 200 (200 Free-100 Non-Free)

4 x 250 (100 kick-50 Free-100 IM)

3 x {

4 x 50 sprint kick @ 1:30

1 x 100 easy kick @ 1:45

}

8 x 100 White @ 1:30

5 x 200 (2) White (3) Pink @ 2:30

12 x 50 white @ :10 rest

4 x 250 (200 Free-50 Fly drill)

4 x 50 fist drill @ 1:10

Friday, February 14th, 2020

1 x 600 (200 Free/200 BK/200 BR)
1 x 400 (200 Kick/100 Free/100 Choice)
1 x 400 Paddle w/Pull Buoy DPS

1 x 400 Kick White @ 7:00

Mid-D/Sprint

2 x 300 DPS @ 4:00
5 x 100 (3) White (2) Pink @ 1:45
1 x 300 (150 Kick no board/ 150 Swim) @ 5:30
5 x 100 (3) White (1) Pink (1) Red @ 1:45

Distance

1 x 800 swim/drill by 100's
8 x 100 @ 1:45

10 x 50 @ 1:10
#1-5 (medium/fast kick slow arms)
#6-10 IMO

4 x (200 pull + 100 easy)
Descend

7 x (100 + 50 easy)
#1-5 Goal 500 Pace
#6-7 Hold #5 Time

4 x (50 + 50 easy)
All Fast

1 x 400 Fins

Saturday, February 15th, 2020

200 SKIMPS

Sprint

4 x 200

#1 Free #2 Kick #3 IM #4 Choice

2 x {

4 x 50 fist @ 1:10

1 x 100 Stroke

}

1 x 400 Kick (200 White/200 Pink)

4 x 50 Kick D 1-4

8 x 50 (25 Drill/ 25 build to max finish) @ :55

1 x Broken 200 @ 50

2 x 50 MAX

Cool Down

Mid D

4 x 200

#1 Free #2 Kick #3 IM #4 Choice

2 x {

5 x 50 fist @ 1:10

2 x 100 Stroke Build to great finish

}

1 x 400 Kick (200 White/200 Pink) @ 6:40

4 x 50 Kick D 1-4

4x 50 Paddle w/Pull Buoy @ 1:15

8 x 50 (25 Drill/ 25 build to max finish) @ :50

1 x Broken 200 @ 50's

2 x Broken 100 @ 50's

5 x 100 Kick @ 1:45

2 x 100 Pull @ 1:30

Distance

1 x 800 (300 FL- 300 Free – 200 Choice)

1 x 600 (300 FL/FR-300 BK/BR)

9 x 100 @ 1:25 BP: 3

3 x 200 Kick (100 w board/100 no board) @ 4:00

5 x 100 fins (great walls, long turns) @ 1:30

1 x 1000 Broken

(10 x 100 @ :20 rest)

1 x 500 Broken

5 x 50 @ :10 rest

Week of February 17th

Monday, February 17th, 2020

8 x 100
odds: free
evens: IM

1 x 300 Paddle w/Pull Buoy @ :20 rest

2 x {
 4 x 50 fist @ 1:10
 1 x 100 Stroke
}

Sprint

2 x 300 White @ 4:00
4 x 50 D 1-4 to Pink @ 1:10
4 x 50 D 1-4 to Red @ 1:10
2 x 100 White @ 1:45
4 x 50 Breakout & 6 fast Strokes @ 1:45

Mid D

2 x {
 5 x 50 fist @ 1:10a
 1 x 100 Stroke
}
6 x 100 w/fins (50 kick/50 swim) @ 1:50

2 x 300 White @ 4:00
4 x 50 D 1-4 to Pink @ 1:10
(2:00)
2 x 200 Pink-Red @ 2:40
4 x 50 D 1-4 @ 1:10
(2:00)
2 x 100 White @ 1:45
4 x 50 Breakout & 6 fast Strokes @ 1:45

Distance

4 x 200 (White-Pink- Red Blue) @ 3:00
2 x 300 White - Pink @ 4:00
4 x 100 D 1-4 to Pink @ 1:10
2 x 200 Pink-Red @ 2:30
4 x 100 Hold Pink @ 1:15
2 x 100 White @ 1:30
4 x 50 @ 1:10

Tuesday, February 18th, 2020

1 x 600 (300 Free/300 Choice)

2 x 200

#1 Kick #2 IM

1 x 600 w/ fins

6 x 50 dolphin on back @ 1:10

10 x 100 @ :20 rest

#1-4 (Breast/Free)

#5-8 (BK/Breast)

#9-12 Free

Sprint

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :30

2 x 300 @ 4:00

White

4 x 100 @ 1:25

White-Pink-Red-Blue

8 x 50 @ 1:10a

odds: MAX Breakout + 6 Strokes

evens: MAX Turn + 6 Strokes

Mid D

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :30

3 x 200 White/Pink/Red @ 2:40

6 x 100 @ 1:45

odds: descend to MAX finish

evens: ascend MAX breakout

6 x 50 MAX each breakout off both walls @ 1:10

Distance

1 x 400 Build each 100 to MAX flip and great turn

3 x 200 Red @ 2:40

4 x 150 (100 Build to Pink + 50 Red)

500 pink

Wednesday, February 19th, 2020

1 x 400 Free

5 x 50 Kick no board @ :10 rest

4 x 100 IM @ 2:00

2 x 300 Paddle w/Pull Buoy

3 x 100 Build each 25 to MAX flip @ 1:45

3 x 50 Mid Pool work each wall @ 1:10

Sprint

5 x 100 (Build each 50 to MAX finish) @ 2:00

2 x 100 Broken

#1 @ 50

#2 @ 25's

2 x 50 MAX from dive

Mid D

Pad/Pull

8 x 50 #1 Stroke @ :10 rest

1 x 300 easy free

1 x 300 BP: 3,5,3 by 100 @ 4:00

1 x 200 BP: 3,5 by 50 @ 2:40

2 x 100 (50 kick/50 swim build to great finish) @ 1:30

2 x (50 + 50 easy)

Add up to Goal 200 – 4

Distance

12 x 50 DPS @ :50

D1-4, 5-8, 9-12

6 x 100 @ 1:45

#1-3 500 Pace +2/+1/0

#4-6 +1/0/-1

1 x 400 easy

4 x (50 + 50 easy)

Goal 200 Pace –3

Thursday, February 20th, 2020

2 x 100 SKIMPS

8 x 50 (25 Drill/ 25 build to max finish) @ :50

Mid D/Sprint

2 x 300

#1 Free #2 RIMO (drill fly)

6 x 50 non-free @ :15 rest

5 x 100 Paddle w/Pull Buoy @ 1:45

6 x 50 Pull @ 1:10

1 x 500 (200 Free White/200 Free Pink/100 Free Build Finish)

4 x 50 Kick Build to Pink @ 1:10

1 x 300 (150 Free White/150 Non-Free)

4 x 50 fist drill @ 1:10

10 x 100 @ 1:45

odds: free

evens: non-free

Distance

3 x 500

#1 IM

#2 IM

#3 Choice Swim

4 x 100 kick @ :10 rest

work one of the 50's, the rest easy

5x 100 paddle/pull @ 2:00

1 x 400 Long and smooth @ White
(1:00)

2 x 200 Neg Split @ 2:30

3 x 100 Hold Pink/Red HR @ 1:40

6 x 50 @ 1:10

Friday, February 21st, 2020

400 Free - 200 Non Free - 100 IM

8 x 50 IMO x 2 @ :50

5 x 150 @ 2:00

#1-3 Kick-Drill-Swim

#4-5 Build each 50 to great turn

Mid D/Sprint

1 x 400 Paddle/Pull BP: 3,5 by 100's

5 x 100 kick work flags to wall @ 1:50

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :40

1 x 100 Broken @ 50's

6 x 50

#1-3 MAX breakout

#4-6 Solid breakout build to MAX finish

4 x 150 (BK/free/choice)

Distance

1 x 600 Free

1 x 400 RIMO drill/swim

1 x 200 Non-Free

8 x 50 2 each Stroke drill/swim @ :10 rest

1 x 600 Paddle/Pull

1 x 200

10 x 100 @ 1:25

Keep all the same speed

3 x (100 + 100 easy)

Hold 1000 Pace

Saturday, February 22nd, 2020

1 x 400 Free
1 x 300 Non-Free
1 x 200 Kick
1 x 100 IM

8 x 50 (25 Drill/ 25 build to max finish) @ :50

Sprint

2 x 200 @ 2:40
#1 Build each 25 to Max FLIP #2 Build each 50 to Pink

2 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend

}
4 x 150 (breast/free/choice)

Mid D

2 x 200 @ 2:30
#1 Build each 25 to Max FLIP #2 Build each 50 to Pink

2 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend

}
4 x 150 (breast/free/choice)

Distance

4 x 50 Pace 1500 @ 1:10

1 x Broken 200 @ 50's for :10 rest

2 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend

}

Week of February 24th

Monday, February 24th, 2020

200 SKIMPS

4 x 50 IMO @ :10 rest

1 x 300 w/fins

1 x 200 Kick

1 x 100 IM

Sprint

3 x 100 (white/pink/red) @ 2:00

2 x 100 Pink – Red @ 1:45

4 x 50 MAX @ 1:10

4 x 200 (free/stroke/kick) @ 3:00

Mid D

1 x 400 Free

1 x 300 Non-Free

1 x 200 Kick

1 x 100 IM

8 x 50 (25 Drill/ 25 build to max finish) @ :50

3 x 100 (white/pink/red) @ 2:00

2 x 100 Pink – Red @ 1:45

4 x 50 D MAX @ 1:10

Distance

8 x 50 (25 Drill/ 25 build to max finish) @ :50

2 x 200 (White/Pink) @ 2:30

4 x 100 Choice @ 1:45a

8 x 50 D 1-4, 5-8 @ 1:10a

6 x 100 MAX @ 2:00

Tuesday, February 25th, 2020

1 x 500 Free
1 x 400 (200 Kick/200 Non-Free)
2 x 200
 #1 RIMO
 #2 IM
6 x 50 (Kick/drill) @ 1:10
8 x 25 @ :30
odds: drill/ evens: Stroke

4 x 100 Neg Split @ 1:30a/1:45a
4 x 50 D 1-4

Sprint

4 x 200
#1 Free #2 Kick #3 IM #4 Choice

2 x {
4 x 50 fist @ 1:10
4 x 50 (kick/drill) @ 1:15
1 x 100 Stroke
}
1 x 400 Kick (200 White/200 Pink) @ 6:40
4 x 50 Kick D 1-4
4x 50 Paddle w/Pull Buoy @ 1:25

1 x Broken 200 @ 50
2 x 50 MAX

6 x 50 (swim/kick/non-free) @ 1:10
3 x 100 (50 kick/50 swim) @ 2:00

Distance

1 x 800 swim/drill by 100's
8 x 100 @ 1:25

10 x 50 @ 1:10

4 x (200 pad/pull + 100 easy)
Descend

7 x (100 + 50 easy)
#1-5 Goal 500 Pace
#6-7 Hold #5 Time

4 x (50 + 50 easy)
All Fast

1 x 400 Fin Swim

Mid D

1 x 600 (300 Free/300 Choice)
2 x 200 #1 Kick #2 IM
1 x 600 w/ fins
6 x 50 dolphin on back @ 1:10a
10 x 100 @ :20 rest
#1-4 (Breast/Free)
#5-8 (BK/Breast)
#9-12 Free
8 x 50 (25 Drill/ 25 build to max finish) @ :50
3 x 200 White/Pink/Red @ 2:40
6 x 100 @ 1:45
odds: descend to MAX finish
evens: ascend MAX breakout
6 x 50 MAX each breakout off both walls @ 1:10

Wednesday, February 26th, 2020

1 x 400 Free
1 x 300 Non-Free
1 x 200 Kick
1 x 100 IM

Mid D/Sprint

2 x 300
#1 Free #2 RIMO (drill fly)
6 x 50 non-free @ :15 rest

5 x 100 Paddle w/Pull Buoy @ 1:45
6 x 50 Pull @ 1:10
1 x 500 (200 Free White/200 Free Pink/100 Free Build to Blue Finish)
4 x 50 Kick Build to Pink @ 1:10
1 x 300 (150 Free White/150 Non-Free)
4 x 50 fist drill @ 1:10

10 x 100 @ 1:45
odds: free
evens: non-free

Distance

1 x 600 Free
1 x 400 RIMO drill/swim
1 x 200 Non-Free
8 x 50 2 each Stroke drill/swim @ :10 rest

1 x 600 Paddle/Pull
1 x 200 choice

8 x 100 @ 1:35
Keep all the same speed

3 x (100 + 100 easy)
Hold 1000 Pace

Thursday, February 27th, 2020

1 x 200 Free
1 x 200 Non-Free
1 x 100 Kick
4 x 50 IMO @ :10 rest

Mid D/Sprint

1 x 300 Free
1 x 200 Non-Free
1 x 100 Kick
4 x 50 IMO @ :10 rest

1 x 300 w/fins
2 x 200 @ 2:50
#1 Build each 25 to Max FLIP
#2 Build each 50 to Pink

2 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend

}
4 x 150 (breast/free/choice)

Distance

6 x 150 @ :10 rest
Choice-Kick-Choice by 50's
12 x 50 @ :10 rest
Choice-drill-choice by 25's

1 x 300 w/fins
4 x 50 @ 1500 Pace @ 1:10

1 x Broken 500 @ 100'a for :10 rest

4 x {
 4 x 100 Neg Split @ 1:45
 (White/Pink)
 4 x 50 Descend

}
4 x 150 (breast/free/choice)

Friday, February 28th, 2020

1 x 500 (200 Free/200 Non-Free/100 RIMO)

8 x 100 @ :10 rest

odds: # 1 Stroke (50 drill/50 swim)

evens: (50 Bk/50 BR)

Mid D/Sprint

1 x 400 Free

1 x 300 Non-Free

1 x 200 Kick

1 x 100 IM

4 x 50 #1 drill, #2 build, #3 drill, #4 sprint @ :40

3 x 100 (white/pink/red) @ 2:00a

2 x 100 Pink – Red @ 1:45a

4 x 50 D 1-4 @ 1:20

5 x 50's from a dive MAX

3 x 200 (free/stroke/kick) cool down

Distance

1 x 300 Free

1 x 200 Non-Free

1 x 100 Kick

4 x 50 IMO @ :10 rest

6 x 150 w/fins @ :10

odd: kick-swim-kick

even: swim-kick-swim

6 x 100 DPS @ 1:50

5 x 100 @ 1:45

500 pace

1 x 400 easy

Saturday, February 29th, 2020

3 x 500

#1 IM

#2 IM

#3 Choice Swim

Sprint

1 x 500 Free

1 x 400 (200 Kick/200 Non-Free)

2 x 200

#1 RIMO

#2 IM

6 x 50 (Kick/swim) @ 1:10

4 x 100 Neg Split @ 1:45

4 x 50 D 1-4

Mid D

4 x 150 kick @ :10 rest

8x 100 paddle/pull @ 2:00a/1:50 BP: 3/5

1 x 400 @ White

(1:00)

2 x 200 Neg Split @ 2:30

3 x 100 Red @ 1:30

6 x 100 @ 1:30

Distance

1 x 400 IM

4 x 200 IM @ 2:50

9 x 100 @ 1:15 BP: 3-5

3 x 200 Kick (100 w board/100 no board) @ 3:30

5 x 100 fins (great walls, long turns) @ 1:30a

1 x 1000 Broken

(10 x 100 @ :20 rest)

1 x 500 Broken

(10 x 50 @ :10 rest)

