

WEEK OF APRIL 3

Practice #1:

600 alt 50 swim, 50 drill
400 alt 50 swim, 50 kick

Do one of the following two sets:

Choice 1:

3 x 500 desc 1-3, take 1:30 rest between
100 easy
3 x 100 fast, take 1:30 rest between
100 easy

Choice 2:

10 x 100 pace on 1:35, 1:45, 1:55, 2:05 or 15 sec. rest
10 x 50 strong on 1:15, 1:20, 1:25, 1:30 or 40 sec. rest

12 x 50 as follows: 25 scull, 25 kick no board, taking 15 sec. rest between each 50

Total: 3600 or 3100 m

Practice #2:

400 free
400 pull
200 non-free
200 kick

10 x 50 as follows:

odds free on :50, 1:00, 1:10 or 10 sec. rest
evens non-free on 1:00, 1:10, 1:20 or 10 sec. rest

4 x 150 non-free, build speed by 50 within each 150, on 2:45, 3:00, 3:15 or 30 sec. rest
The last 50 of each 150 should be strong, but not sprint.

10 x 100 50 kick, 50 drill, odds choice, evens free on 2:00, 2:15, 2:30 or 20 sec. rest

12 x 25 as follows:

odds build with 10 sec. rest
evens fast with 30 sec. rest

200 easy

Total: 3800 m

Practice #3:

200 free

200 kick

200 IM drill

200 pull

4 x 500 as follows, taking 1:00 rest between each:

1st 5-cycle free

2nd pull, choice

3rd 3-cycle free

4th swim, choice

100 easy

8 x 75 kick, IM order on 1:45, 1:55, 2:05 or 15 sec. rest

12 x 50, swim hard from wall to flag, flag to flag and flag to finish within each 50.

Choice of stroke on 1:10, 1:20, 1:30 or 20 sec. rest

200 easy

Total: 4300 m