

WEEK OF DECEMBER 26

Practice #1:

4 x {100 swim, 75 drill, 50 kick, 25 scull}

4 x 400 on 6:30, 6:50, 7:10, 7:30 or 30 sec. rest

1st and 3rd pull
2nd and 4th swim

4 x 200 alternating 50 kick/50 drill on 4:00, 4:15 or 4:30

It is suggested that, after the 400 set above, you do the kick in at least the first 200 without a board to give your shoulders a break.

200 easy

Total: 3600 m

Practice #2:

3 x {100 swim, 100 drill, 50 kick, 50 scull}

3 x 500 free as follows:

1st cruise
2nd build by 100's (each 100 gets a bit harder)
3rd strong pace

Take 1:30 rest between each 500

Remember that you always have the option of mixing some non-free in if your shoulders need a break. For example, you can do 100 free, 50 non-free...

400 easy kick. It's suggested that you do the first 200 or so without a board.

10 x 50 swim non-free smooth and long on 1:05, 1:10, 1:15 or 15 sec. rest

100 easy

Total: 3400 m

Practice #3:

300 swim, 200 pull, 100 kick

200 swim, 150 pull, 100 kick

100 swim, 100 pull, 100 kick

10 x 125 as follows on 2:20, 2:40, 3:00 or 20 sec. rest:

4 all free

3 bk, fr, bk, fr, bk (by 25)

2 br, fr, br, fr, br

1 fly, fr, fly, fr, fly

8 x 100 kick in one of the 2 following ways:

Choice 1: 2 fly, 2 back, 2 breast, 2 free (in that order)

Choice 2: 4 free, 4 choice (in any order)

Either set is on 2:15, 2:30, 2:45 or 15 sec. rest

200 swim easy

If you have more time:

16 x 25 choice on :30, :35, :40 or 10 sec. rest

Total: 3600 m or 4000 m