

## WEEK OF DECEMBER 5

### Practice #1:

2 x {50 free, 50 back, 50 free, 50 breast} swim  
200 alt. 25 free, 25 fly (one-arm acceptable)  
200 alt. 25 drill, 25 kick  
200 alt. 25 scull, 25 pull

The next set is tough, but good. If you make it through, you should give yourself a huge pat on the back (from me!) ☺ . Take about 1:00 rest between each repeat.

400 IM long and smooth  
300 best stroke long and smooth (this could be free or non-free)  
300 free long and smooth  
300 IM smooth and strong  
200 best stroke smooth and strong  
200 free smooth and strong  
200 IM hard  
100 best stroke hard  
100 free hard  
100 IM as fast as you can muster!

I suggest, if you can, to hold full stroke fly in the above set (as well as in the main set of practice 2) until your technique begins to waiver, then switch to drill, as it is better to have good technique drill than a poor technique stroke. If you are not a butterflyer at all, you can drill for all the fly, or substitute another stroke.

100 easy

300 pull long and easy, every 3<sup>rd</sup> 25 non-free

Total: 3600 m

### Practice #2:

200 swim, 100 kick  
200 drill, 100 kick  
200 pull, 100 kick

5 x 400's (3 of which are broken) as follows, taking :45 sec. rest between each 400:

1<sup>st</sup> – free

2<sup>nd</sup> – 100 IM, 15 sec. rest, 300 free

3<sup>rd</sup> – 200 25 fly/25 free, 15 sec. rest, 200 free

4<sup>th</sup> – 300 50 bk/50br/50fr, 15 sec. rest, 100 free

5<sup>th</sup> – IM

4 x through the following, all freestyle (pull is optional as well):

50 3-cycle on :55, 1:00 or 1:05 or 10 sec. rest

50 5-cycle on 1:00, 1:05 or 1:10 or 10 sec. rest

50 7-cycle on 1:05, 1:10 or 1:15 or 10 sec. rest

Work on stretching stroke out, and decreasing number of strokes per 50.

200 easy

Total: 3700 m

### **Practice #3:**

600 OTH (for those new folks, “on the house”, meaning anything you want)

4 x 75 pull, 10 sec. rest between

4 x 50 drill, 10 sec, rest between

4 x 25 kick, 10 sec. rest between

12 x 100 swim desc 1-3 on 1:45, 1:55, 2:05, 2:15 or 10 sec. rest

You can change strokes (and hence, adjust pace time appropriately) after each set of three.

12 x 25 kick on :40, :45 or :50, every 3<sup>rd</sup> one sprint

12 x 50 swim desc 1-3 on :50, :55, 1:00, 1:05 or 15 sec. rest

Again, you can change strokes after each set of three.

200 easy

Total: 3500 m