

WEEK OF FEBRUARY 27

Practice #1:

300 swim
250 choice
200 pull
150 choice
100 drill

Freestyle:

6 x 100 on 1:35, 1:45, 1:55 or 15 sec. rest
6 x 50 on :50, :55, 1:00 or 10 sec. rest
6 x 25 on :30, :35, :40 or 5 sec. rest
1:00 rest
6 x 50 on same pace as above
6 x 25 on same pace as above
1:00 rest
6 x 25 on same pace as above

Kick 2 times through the following, flippers optional:

100 on 2:00 or 15 sec. rest
75, 5 sec. rest, 25 hard on 2:25 or 20 sec. rest
50, 5 sec., 25 hard, 5 sec., 25 hard on 2:30 or 25 sec. rest
25, 5 sec., 25 hard, 5 sec., 25 hard, 5 sec., 25 hard on 2:35 or 30 sec. rest

200 easy

Total: 3650 m

Practice #2:

2 times through the following:

100 swim, 100 drill, 100 pull, 100 kick, 100 choice

Just a reminder that BOTF = best stroke other than freestyle

150 free on 2:20, 2:30, 2:40 or 15 sec. rest
100 BOTF on 1:45, 1:55, 2:05 or 10 sec. rest
50 choice on 1:00, 1:05, 1:10 or 10 sec. rest
50 choice on 1:15, 1:20, 1:25 or 20 sec. rest
100 BOTF on 2:00, 2:10, 2:20 or 30 sec. rest
150 free on 2:40, 2:50, 3:00 or 40 sec. rest
Repeat the above set, beginning at the bottom (150 fr on 2:40) and work toward top (150 fr on 2:20)

4 x 200 kick, 2nd and 4th with no board, take 40 sec. rest between 200's

200 easy

Total: 3200 m

Practice #3:

600 alternating 100 swim, 100 drill

400 alternating 100 pull, 100 streamline kick

Go through the following 5 times:

3 x 50 on :50, 1:00, 1:10 or 10 sec. rest

6 x 25 strong on :40, :45 or :50 or 15 sec. rest

Three times through should be freestyle, 2 times through can be choice of stroke.

Choose one of the following:

500 kick alternating 50 lateral (on side), 50 choice

OR

600 freestyle pull – 50 3-cycle, 50 5-cycle, 50 7-cycle

100 easy

Total: 3100 or 3200 m