

WEEK OF JANUARY 2

HAPPY NEW YEAR!!! ☺

Practice #1:

500 swim, using 3 different strokes
2 x 75 pull, 20 sec. rest between
250 swim, using 2 different strokes
2 x 50 kick, 15 sec. rest between
100 swim, using one stroke
2 x 25 scull, 10 sec. rest between

Go through the following 4 times (see below for drill details), taking 15 sec. rest between each 50:

50 one-arm fly
50 half up back
50 2 pull to 1 kick breast
50 8 kick glide free

One-arm fly: fairly self explanatory, though you may want to try it with the opposite arm down, instead of up in front of you.

Half up back: kicking on your back with both arms at side, lift one arm up 90° to point at ceiling creating the roll of backstroke, then put the arm back down at your side, then repeat with the other arm and continue alternating between arms. No actual backstroke pull is done, just the first half of the recovery. Work on keeping your face toward ceiling, and work on rolling body from side to side.

2 pull to 1 kick breast: Take a full breaststroke, then just a pull (with a slight dolphin kick is fine). Repeat pattern.

8 kick glide free: Take a freestyle stroke, freezing position with one arm up and one at your side for a count of 8 kicks (you should be on your side in the water). Then stroke and repeat the 8 kick glide on your other side. Continue pattern.

Go through the following 2 times, taking 15 sec. rest between 50's:

50 25 scull, 25 fly swim
50 25 scull, 25 back swim
50 25 scull, 25 breast swim
50 25 scull, 25 free swim

For the above set, if you know sculls that suit each of the strokes, please integrate them accordingly (ie. a breaststroke scull followed by the 25 breaststroke swim). If not, just do sculls that you are familiar with, because any scull is good...

4 x 100 IM on 2:00, 2:10, 2:20 or 20 sec. rest
4 x 100 free on 1:40, 1:50, 2:00 or 20 sec. rest

200 easy

Total: 3350 m

Practice #2:

500 alternating free, non-free by 50
250 kick
250 pull

A quick reminder that BOTF stands for “best stroke other than freestyle”

200 BOTF, 45 sec. rest
2 X 100 BOTF on 2:00, 2:15, 2:30 or 30 sec. rest
4 X 50 BOTF on 1:05, 1:15, 1:25 or 15 sec. rest
200 free, 45 sec. rest
4 x 100 free on 1:45, 1:55, 2:05 or 20 sec. rest
6 x 50 free on :50, :55, 1:00 or 10 sec. rest
100 BOTF, 45 sec. rest
2 X 50 BOTF on 1:10, 1:20, 1:30 or 20 sec. rest
4 X 25 BOTF on :40, :45, :50 or 15 sec. rest
100 free, 45 sec. rest
4 x 50 free on :55, 1:00, 1:05 or 15 sec. rest
6 x 25 free on :30, :35, :40 or 10 sec. rest

Two things about the above set:

- 1.) Its tough, but the distances do decrease a bit as you go through, and the corresponding rest increases, so try to work toward a strong finish toward the end (ie. don't kill yourself on the first 200's!)
- 2.) Because of the large amount of fairly small repeats, it's a great set if you have less than the 1½ hours these practices are designed for. Just do what you can in the time you have...

20 x 25 kick, every 4th one hard with 10 or 15 sec. rest between each. Your shoulders will most likely be a bit tired after the main set, so you may want to do this kick set (or at least part of it) without a board. Flippers for this would be good too, though not mandatory...

200 easy

Total: 3950 m

Practice #3:

200 swim, 100 kick
175 swim, 75 scull
150 swim, 50 pull
100 swim

40 x 50 in the following order:

8 free
8 choice
8 IM order
8 non-free
8 free

The pace times for the above set are :55, 1:00, 1:05, 1:10 or 15 sec. rest. Choose pace times to suit you for each group of 50's. For example, you may choose to do the free on :55, IM on 1:05, non-free on 1:10 etc. It's entirely up to you what pace you choose. Have fun! 😊

600 continuous pace kick (not hard, but not easy either)

200 swim easy

Total: 3650 m