

WEEK OF JANUARY 30

Practice #1:

300 swim choice of stroke
300 drill/swim by 50
300 kick/swim by 50
300 pull/swim by 50

12 x 150 as follows:

3 free on 2:20, 2:30 or 2:40 or 20 sec. rest
3 50 non-free/100 free on 2:35, 2:45 or 2:55 or 20 sec. rest
3 50 free/50 non-free/50 free on 2:35, 2:45 or 2:55 or 20 sec. rest
3 100 free/50 non-free on 2:35, 2:45 or 2:55 or 20 sec. rest

100 easy

10 x 50 25 scull, 25 swim, choice of stroke on 20 sec. rest

Total: 3600 m

Practice #2:

2 x {200 swim, 100 drill, 100 kick, 100 pull, 50 scull}

5 x 400 steady pace throughout on 6:30, 6:45, 7:00, 7:15 or 1:00 rest

Concentrate on your stroke and turns. I encourage you to set your own goals for the set...

6 x 75 kick as follows, taking 15 or 20 sec. rest between each:

1st and 4th: 25 fast, 50 easy
2nd and 5th: 25 easy, 25 fast, 25 easy
3rd and 6th: 50 easy, 25 fast

200 easy

Total: 3750 m

Practice #3:

100 swim, 100 drill, 100 pull, 100 kick
75 swim, 75 drill, 75 pull, 75 kick
50 swim, 50 drill, 50 pull, 50 kick
25 swim, 25 drill, 25 pull, 25 kick

This practice is short on metres, but is long on technique. Take a mid-winter break from the long workouts, and give yourself a technique check! For a good muscle workout, you may choose to do all the scull with paddles...

32 x 25 as follows, taking 15 sec. rest between each 25:

8 Freestyle as follows: 2 front catch scull, 2 finish scull, 2 full scull, 2 swim

8 Breast as follows: 2 front catch scull, 2 90° scull, 2 45° scull, 2 swim

8 Back as follows: 3 catch scull, 3 finish scull, 2 swim

8 Fly as follows: 2 front catch scull, 2 finish scull, 2 full scull, 2 swim

300 kick choice of stroke, then

12 x 25 kick on :40, or 10 sec. rest

Total: 2400 m