

WEEK OF JANUARY 9

A reminder of a couple of acronyms you will find in the following practices:

OTH – on the house (i.e. anything you want)

BOTF – best other than freestyle (your best non-free stroke)

Practice #1:

600 50 free, 50 non-free

200 drill

200 25 kick, 25 scull

12 x 100 descending 1 to 4 as follows:

4 free on 1:30, 1:40, 1:50 or 2:00 or 15 sec. rest

4 non-free or IM on 1:50, 2:00, 2:10 or 2:20 or 20 sec. rest

4 choice on 15 sec. rest

4 x 150 kick, build by 50's (i.e. last 50 of each repeat should be at a good clip) on 3:30, 3:45, 4:00 or 20 sec. rest. Flippers are optional – adjust pace times to a bit faster if you choose to use flippers.

12 x 25 odd ones easy on :35 or :40, evens ones hard on :45 or :50

Work on good push offs, fast acceleration into stroke and well-timed finishes on the hard ones.

200 easy

Total: 3300 m

Practice #2:

900 OTH

4 x 100 swim on 1:45 or 2:00

4 x 75 pull on 1:20 or 1:35

4 x 50 drill on 1:10 or 1:15

4 x 25 kick on :40 or :45

Choice of stroke throughout the next set, focusing on maintaining good quality with the increases in speed:

3 x 200 descending 1 to 3 with 30 sec. rest between each

1 x 200 easy, taking as much rest as required to be ready for 100's

3 x 100 descending 1 to 3 with 30 sec. rest between each

1 x 150 easy, taking as much rest as required to be ready for 50's
3 x 50 descending 1 to 3 with 30 sec. rest between each
1 x 100 easy

Note that you get more rest per the shorter distances... the 50's, therefore should be quite fast throughout, ending the last one with everything you can muster. A suggestion for IM swimmers is to do the 200's and 100's IM, and the 50's your weakest stroke. Another variation could be to do the 200's split into 2 strokes. For example, 100 back/100 breast or 100 breast/100 free so as to focus on the middle or end of a 400 IM.

100 easy double-arm backstroke
200 easy kick, no board

Total: 3700 m

Practice #3:

300 25 free, 25 non-free
300 25 free, 25 drill
300 25 free, 25 kick

1 x 500 free medium speed, take 1:00 rest
3 x 200 BOTF descending 1 to 3 on 3:40, 4:00, 4:20 or :30 sec. rest
3 x 50 kick easy, take 20 sec. between 50's
1 x 500 free medium speed, take 1:00 rest
1 x 200 BOTF fast as you can go

150 easy

400 pull cruise speed. Stretch your muscles out...
200 choice easy

Total: 3600 m