

## WEEK OF JUNE 26

### Practice #1:

400 alt 75 free, 25 kick  
300 alt 50 breast, 50 choice  
200 pull  
100 IM drill

400 free build from slow to fast. Try to avoid compromising stroke length for fast turnover rate.

8 x 200 on 3:45, 4:00, 4:15 or 45 sec. rest as follows:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> – 50 free, 5 sec. rest, 100 IM, 10 sec. rest, 50 free

5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> – 50 back, 5 sec. rest, 100 free, 10 sec. rest, 50 back

Go through the following 2 times:

50 sprint flutter kick, take 30 sec. rest

6 x 25 kick choice on :40, :45, :50 or 10 sec. rest

3 x 100 easy pull on 2:00, 2:10, 2:15 or 20 sec. rest

Total: 3700 m

### Practice #2:

600 as follows: 25 free, 25 choice, 25 kick, 25 drill, 25 build swim, 25 easy

Go through the following 2 times:

75 closed fist free, 15 sec. rest

100 catch-up free, 20 sec. rest

4 x 25 kick desc. 1-4 on :40, :45, :50 or 10 sec. rest

200 free medium speed, take 30 sec. rest

8 x 50 choice medium speed on 1:00, 1:10, 1:15 or 15 sec. rest

200 free medium speed, take 45 sec. rest

8 x 50 choice, odds easy, evens fast on 1:00, 1:10, 1:15 or 20 sec. rest

200 free medium speed, take 1:00 rest

8 x 50 choice, 1<sup>st</sup> easy, 2<sup>nd</sup> and 3<sup>rd</sup> fast, 4<sup>th</sup> easy, 5<sup>th</sup> and 6<sup>th</sup> fast, 7<sup>th</sup> easy, 8<sup>th</sup> fast, on 1:00, 1:10, 1:15 or 20 sec. rest

200 easy kick, no board

200 easy choice

Total: 3350 m

### **Practice #3:**

200 swim  
100 kick  
200 drill  
100 swim

4 x 75 25 kick, 25 drill, 25 swim, taking 15 sec. rest between 75's  
3 x 50 free on :55, 1:00, 1:05 or 15 sec. rest  
3 x 50 non-free on 1:00, 1:05, 1:10 or 20 sec. rest

20 x 100 as follows, on pace times listed or taking 15 sec. rest between each:  
#’s 1-4 desc. 1-4 free on 1:45, 1:50 or 1:55  
#’s 5-8 75 free, 25 non-free on 1:50, 1:55 or 2:00  
#’s 9-12 50 free, 50 non-free on 1:55, 2:00 or 2:05  
#’s 13-16 25 free, 75 non-free on 2:00, 2:05 or 2:10  
#’s 17-20 desc. 1-4 non-free on 2:05, 2:10 or 2:15

4 x 100 easy choice (pull, drill, kick, whatever you want...) with 10 sec. rest between each

Total: 3600 m

### **Triathlon Workout:**

Go through the following 3 times:  
50 swim, 50 drill, 50 kick, 50 pull, 50 scull, 50 swim

Go through the following 12 times, all freestyle:  
50 smooth on :55, 1:00, 1:05 or 15 sec. rest  
50 build on 1:00, 1:05, 1:10 or 20 sec. rest  
50 hard on 1:10, 1:15, 1:20 or 30 sec. rest

Kick:  
100, 75, 50, 25  
75, 50, 25  
50, 25  
25

Take 10 sec. rest between each repeat, work to a hard 25 every time.

600 free pull, long and smooth alt 100 3-cycle, 100 5-cycle breathing

Total: 3500 m