

WEEK OF JUNE 5

Practice #1:

400 free alt 50 swim, 50 drill
200 IM easy, drill for fly
200 choice

8 x 200 IM on 3:45, 4:00, 4:15, 4:30 or 30 sec. rest
If you can, do the set full stroke, but if you feel you need a break, drill for the butterfly, or pull for the breaststroke (if you have knee trouble).

Go through the following 4 times, taking 20 sec. between each 100:
100 kick alt 50 dolphin on back, 50 choice, flippers optional, work it hard!
100 pull, choice of stroke, concentrate on technique
100 swim freestyle, recovery

200 easy

Total: 3800 m

Practice #2:

300 choice
300 alt 50 kick, 50 drill
300 broken IM, take 15 sec. after each 75, drill for fly if necessary

3 x 100 free on 2:00, 2:10 or 15 sec. rest as follows: 25 left arm, 15 right arm, 25 catch-up, 25 swim
3 x 100 free pull, doing finger tip drag, on 1:50, 2:00 or 15 sec. rest

16 x 50 on 1:10, 1:15, 1:20 or 20 sec. rest as follows:
#1-4 – 25 fly, 25 10 kick glide free
#5-8 – 25 back, 25 finger tip drag free
#9-12 – 25 breast, 25 free
#13-16 – all free, desc 1-4

400 quality free (like you are racing a 400, so not a sprint, but strong pace and building through)
1 min. rest
200 easy pull
1 min. rest
400 quality free

300 as follows: 100 kick no board, 100 double arm back, 100 choice

Total: 3600 m

Practice #3:

200 swim
200 kick
200 pull

8 x 75 swim as follows, taking 15 sec. rest between each:
odds: 25 fly, 25 back, 25 breast
evens: free

5 x 500 as follows:

1st: 500 free relaxed, take 45 sec. rest
2nd: 400 free relaxed, 40 sec. rest, 100 BOTF fast on 2:00, 2:10, 2:20 or 20 sec. rest
3rd: 300 free relaxed, 35 sec. rest, 2 x 100 BOTF fast on same pace as above
4th: 200 free relaxed, 30 sec. rest, 3 x 100 BOTF fast on same pace as above
5th: 5 x 100 BOTF face on same pace as above

200 easy

Total: 3900 m

Triathlon Workout:

Go through the following 4 times, mixing up the strokes:

100 swim
75 drill
50 kick
25 scull

6 x 400 free on 6:30, 7:00, 7:30 or 45 sec. rest as follows:
#'s 1, 3 and 5 – pull, paddles optional
#'s 2, 4 and 6 – swim

4 x 200 kick, taking 30 sec. rest between each, doing at least ½ freestyle. Flippers and kick board optional

200 easy

Total: 4400 m