

WEEK OF MARCH 27

Practice #1:

3 x {100 swim, 50 kick}

4 x {50 scull, 50 drill, 50 swim}

32 x 50 on 1:00, 1:10, 1:15 or 15 sec. rest as follows:

4 IM order (1 fly, 1 back, 1 breast, 1 free)

4 fly (drill or one-arm optional)

4 IM order

4 back

4 IM order

4 breast

4 IM order

4 free

You can change the pace time to suit the stroke you are doing. For example, you can choose to do free on 1:00 and breaststroke on 1:10 etc...

100 easy

5 x 100 kick as follows: 50 streamline without a board, 50 choice. Take 15 sec. rest between each 100.

200 easy

Total: 3600 m

Practice #2:

800 alt 100 swim, 100 choice

6 times through the following:

75, 15 sec. rest

50, 30 sec. rest

25, 45 sec. rest

Increase speed through so that the 25 is a sprint. Work on fast turns in the 75 and 50.

16 x 25 kick desc. 1 to 3, hold speed of 3rd for a 4th. Take 15 sec. rest between each 25.

4 times through the following:

50 drill on 1:10, 1:15, 1:20 or 10 sec. rest

100 pull on 1:40, 1:50, 2:00 or 15 sec. rest

150 swim on 2:20, 2:30, 2:40 or 20 sec. rest

For the 1st and 3rd times through the set above, do freestyle. 2nd and 4th times through are your choice of stroke.

10 x 25 swim on :40 or :45. Odds easy, evens hard.

100 easy

Total: 3650 m

Practice #3:

3 x {50 swim, 50 kick, 50 drill, 50 pull, 50 scull, 50 swim}

It is recommended to do the 1st and 3rd times through freestyle, and a non-free stroke for the 2nd time through.

300 BOTF* fast, take 45 sec. rest

200 BOTF medium, take 30 sec. rest

100 BOTF easy, take 15 sec. rest

300 free easy, take 15 sec. rest

200 free fast, take 45 sec. rest

100 free medium, take 30 sec. rest

300 IM or free medium, take 45 sec. rest

200 IM or free easy, take 30 sec. rest

100 IM or free fast

*BOTF – “best (stroke) other than free”

3 x 200 pull, every 4th length non-free, long and smooth, take 20 sec. rest between each

200 easy

Total: 3500 m