

WEEK OF MARCH 6

Practice #1:

2 x {100 swim, 100 kick, 100 drill, 100 pull}

Do one of the following two choices:

IM, Stroke or Sprint Free workout:

Go through the following **5 times**:

4 x 25 on 35 or 40

2 x 50 on 1:05 or 1:15

1 x 100 on 2:00 or 2:15

8 x 25 odds sprint, evens easy (take lots of rest in between, making the 25 sprints very good quality)

You can choose to focus on one stroke (free or other) during this set, or mix it up to work on IM.

Distance Free workout:

2 x 400 on 6:20, 6:40, 7:00 or 30 sec. rest

4 x 200 on 3:20, 3:30, 3:40 or 30 sec. rest

6 x 100 on 1:50, 1:55, 2:00 or 30 sec. rest

Increase your intensity through the set, while focusing on maintaining good technique (including turns!!!).

Everyone:

2 x {100 kick, 100 pull, 100 swim} – use as a warm down.

Total: 3100 or 3600 m

Practice #2:

300 swim

3 x 50 swim at a good clip, 10 sec. rest between each

300 pull

3 x 50 pull good clip, 10 sec. rest between each

300 drill

3 x 50 drill good clip, 10 sec. rest between each

8 x 200 with 40 sec. rest between each, going through each stroke twice as follows:

Free: 25 left arm, 25 right arm, 50 10 kick glide, 50 catch-up, 50 swim

Back: (same as free)

Breast: 50 2 kick/1 pull, 50 2 pull/1 kick, 50 glide-for-3, 50 swim

Fly: 25 left arm, 25 right arm, 50 4 kick/1 pull, 50 1-1-2*, 50 swim

*1-1-2 for fly means 1 stroke with one arm, 1 stroke with the other arm, followed by 2 full strokes.

6 x 100 kick with 20 sec. rest between each, flippers optional, as follows:
25 on right side, 25 on left side, 50 choice (with or without board)

Total: 3550 m

Practice #3:

400 swim
300 choice
200 pull
100 kick

2 times through the following:

400 free on 6:30, 6:50, 7:10 or 40 sec. rest

100 kick, 30 sec. rest

300 IM or non-free on 5:30, 5:50, 6:10 or 30 sec. rest

100 kick, 30 sec. rest

200 free on 3:20, 3:40, 4:00 or 20 sec. rest

100 kick, 30 sec. rest

100 IM or non-free

Take 3 minutes rest before going through the second time.

200 easy

Total: 3800 m