

WEEK OF MAY 1

Practice #1:

900 OTH (“on the house”, ie. anything you want)

Take 15 sec. rest between each of the following repeats, working from strong swim to very fast kick:

4 x 100 swim

4 x 75 pull

4 x 50 drill

4 x 25 kick

10 x 125 odd numbered ones, pull, even numbered ones choice on 2:20, 2:30, 2:40 or 20 sec. rest

10 x 25 fly on as much rest as you need to do good technique!

Total: 3400 m

Practice #2:

400 swim

300 pull

200 kick

100 choice

6 x 200, 3rd 50 fast, take 45 sec. rest between each 200

6 x 100, 4th 25 fast, take 30 sec. rest between each 100

Go through the following 10 times:

25 scull on :45, :50, :55 or 15 sec. rest

25 streamline kick on :40, :45, :50 or 10 sec. rest

Total: 3300 m

Practice #3:

200 swim, 150 drill, 100 kick

150 swim, 100 pull, 50 choice

Take about 1 ½ to 2 minutes rest between repeats in the following set:

1 x 600 – 100 really slow, 100 slow, 100 med slow, 100 medium, 100 med fast, 100 fast
1 x 500 – 100 slow, 100 med slow, 100 med, 100 med fast, 100 fast
1 x 400 – 100 med slow, 100 medium, 100 med fast, 100 fast
1 x 300 – 100 medium, 100 med fast, 100 fast
1 x 200 – 100 med fast, 100 fast
1 x 100 – 100 fast

4 x 100 easy, take as much rest as you require

16 x 25 on :35, :40 or :45

odds drill

evens swim

200 easy

Total: 3850 m