

WEEK OF MAY 29

Practice #1:

800, alternate 75 free, 25 drill choice

4 x 75 kick choice, take 10 sec. rest between each 75

8 x 50, odds free, evens BOTF on 1:00, 1:05, 1:10 or 15 sec. rest

4 x 200 pull, taking 30 sec. rest between each:

1st and 3rd – alt 50 3-cycle, 50 5-cycle

2nd and 4th – alt 50 3-cycle, 50 7-cycle

4 x 50 choice hard on 1:00, 1:05, 1:10 or 15 sec. rest

4 x 50 free hard on :50, :55, 1:00 or 15 sec. rest

Focus on the speed and timing of your turns.

20 x 25 odds streamline kick, evens easy swim, taking 10 sec. rest between each

100 easy

Total: 3300 m

Practice #2:

200 free

2 x 100 IM (drill optional)

200 free

10 x 100 on 2:00, 2:10, 2:20 or 30 sec. rest as follows:

odds IM

evens free

10 x 50 kick choice, negative split on 1:05, 1:10, 1:15, 1:20 or 15 sec. rest

2 x 1000, take at least 1:30 rest between each

Attempt to hold a constant pace per 100 on the first 1000, then try to hold a 1-3 sec. faster pace per 100 on the second 1000. This is tough, so take your time on the first few hundreds of the first 1000 to get settled in.

10 x 25 odds double-arm back, evens choice, take 10-15 sec. rest between each

Total: 4350 m

Practice #3:

300 choice
200 kick
300 alt 50 drill, 50 swim
200 kick
300 alt 100 pull, 100 swim

Go through the following 4 times:

100 free, best quality and speed you can do today
30 sec. rest
100 BOTF, focus solely on technique
30 sec. rest
100 IM, best quality and speed you can do today
30 sec. rest
100 easy

500 pull as follows: 100 3-cycle, 100 5-cycle, 100 7-cycle, 100 5-cycle, 100 3-cycle

200 easy

Total: 3300 m

Triathlon Workout:

Reverse locomotion beginning with 5:

5 lengths easy, 5 hard
4 lengths easy, 4 hard
3 lengths easy, 3 hard
2 lengths easy, 2 hard
1 length easy, 1 hard

9 x 200 free desc 1-3 on 3:30, 3:45, 4:00 or 40 sec. rest

As a added challenge, if you so choose, you can try to descend the whole set as well as each group of three... for example, try to make the 1st 200 of the second time through the same speed as the 2nd 200 the first time through. Then, make the 1st 200 the third time through, the same speed as the 2nd 200 the second time through...

16 x 50 kick on 1:00, 1:05, 1:10 or 10 sec. rest

Flippers are optional. If you choose to do flippers, take off about 10 to 15 sec. from the pace times above.

Go through the following 3 times, choice of stroke:

100 on 1:45, 1:55, 2:05 or 20 sec. rest
75 on 1:00, 1:10, 1:20, or 10 sec. rest

50 on :50, :55, 1:00 or 10 sec. rest
25 on :30, :35, :40 or 5 sec. rest

200 easy

Total: 4400 m