

## WEEK OF MAY 8

### **Practice #1:**

This practice is definitely I.M. focused and fairly tough...

500 free

3 x 200, alternating 100 back, 100 breast, take 30 sec. rest between 200's

20 x 25 odds fly, evens free on :40, :45, :50 or 15 sec. rest

8 x 50 maximum effort on 2:00. Choice of fly, back or free, and you can mix the strokes up if you would like...

5 x 100 doing 50 fly, 50 back, taking 10 sec. rest between each 100

Take 2 minutes rest

5 x 100 doing 50 back, 50 breast, taking 10 sec. rest between each 100

Take 2 minutes rest

5 x 100 doing 50 breast, 50 free, taking 10 sec. between each 100

5 x 50 easy, non-free, choice of rest

250 easy, long freestyle

Total: 4000 m

### **Practice #2:**

Use this workout as a recovery from practice #1 – think long, stretched-out and smooth.

400 alt 25 swim, 25 drill

400 alt 25 swim, 25 kick

16 x 50 pull, choice of stroke on 1:00, 1:05, 1:10 or 15 sec. rest

4 x 200 kick, choice of stroke, flippers optional on 4:00, 4:15, 4:30 or 20 sec. rest

8 x 100 swim, choice of stroke on 1:40, 1:50, 2:00 or 20 sec. rest

200 easy

Total: 3400 m

### **Practice #3:**

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

5 x 400 free, descending 1 to 5 and broken as follows, taking 1:00 rest between 400's:

1<sup>st</sup>: straight swim

2<sup>nd</sup>: 300, 10 sec. rest, 100

3<sup>rd</sup>: 200, 10 sec., 100, 10 sec., 100

4<sup>th</sup>: 100, 10 sec., 100, 10 sec., 100, 10 sec., 100

5<sup>th</sup>: 100, 10 sec., 100, 10 sec., 100, 10 sec., 50, 10 sec., 50

Got through the following 2 times, continuous:

50 double arm back, 50 streamline kick, 50 scull, 50 swim choice

Total: 3200 m

### **Triathlon Workout:**

For those people who are beginning to focus on triathlon swimming, I suggest you substitute Practice #1 with the following:

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

Do the following set all freestyle, long and smooth throughout:

400 on 6:00, 6:30, 7:00 or 45 sec. rest

2 x 200 on 3:00, 3:20, 3:40 or 35 sec. rest

4 x 100 on 1:40, 1:50, 2:00 or 20 sec. rest

8 x 50 on :55, 1:00, 1:05 or 15 sec. rest

16 x 25 on :30, :35, :40 or 10 sec. rest

500 easy, choice

Total: 3500 m