

## WEEK OF NOVEMBER 28

### **Practice #1:**

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

8 x 25 as follows:

12.5 m (or as far as you can) streamline kick under water

12.5 m long, stretched out swim

Take enough rest to feel you can do a good quality 25 every time, focusing on a strong push off, streamline position during the kick, and smooth, perfect technique during the swim

10 times through the following:

50 smooth on 1:00, 1:05, 1:10 or 15 sec. rest

50 build on 1:05, 1:10, 1:15 or 20 sec. rest

50 hard on 1:10, 1:15, 1:20 or 30 sec. rest

You can switch strokes after each group of 3 50's should you choose to do so and adjust pace times to suit (i.e. do free on fastest pace, and backstroke on a slower one).

Kick the following set;

100, 75, 50, 25

75, 50, 25

50, 25

25

Take 15 sec. between repeats, and increase intensity through each line so the 25's are at a good clip!

600 pull, long and smooth

Total: 3700 m

### **Practice #2:**

200 swim, 150 pull, 100 kick

150 swim, 100 pull, 100 kick

100 swim, 100 pull, 100 kick

4 x 400 free even pace on 6:20, 6:40, 7:00, 7:20 or 1:00 rest between each

If you need to give your shoulders a break, throw in a 50 of non-free now and then, such as doing 150 free, then 50 non-free throughout.

Kick the following:

8 x {50, 5 sec. rest, 25} on 1:45, 1:55, 2:05 or 15 sec. rest

200 easy

12 x turn 25's on 20-30 sec. rest

Turn 25's consist of beginning in the middle of the pool, swimming into the wall (accelerating speed), executing a perfect turn (of course!) and swimming back out to the middle, for a total of 25 m.

100 easy

Total: 3700 m

### **Practice #3:**

600 alternating 50 free, 50 non-free

300 alternating 25 kick, 25 drill

Go through the following 3 times:

3 x 25 desc 1-3, 20 sec. rest between each

100 easy, 20 sec. rest

3 x 50 desc 1-3, 30 sec. rest between each

100 easy, 20 sec. rest

3 x 75 desc 1-3, 40 sec. rest between each

100 easy

Feel free to vary your strokes through the above set. For example, two ways to work on IM would be to do either the 25's fly, the 50's back and the 75's breaststroke OR do IM order within each grouping (25 fly, 25, back, 25 breast, then 50 fly, 50 back, 50 breast and so on...). This is a good set to work on individual best strokes as well, whether free or non-free.

300 easy

Total: 3450 m