

**General Conditioning (4900 yards)**

500 fr

8x75 on 1:15 im, drop fr and hold quality UWDK

200 kick alternate 50 fr / 50 ch

4x100 ms drill on :10pr

10x100 fr @ threshold; rest is your heart rate check

Next set with pull w/paddles and buoys (snorkel too if you have one)

2x50 :40

1x100 on 1:20

2x200 on 2:40

1x400 on 5:30

2x500 on 7:00

200 ba warm down

**General Conditioning (4470 yards)**2x (200 fr on 3:00 + 4x50 best non fr @ dps on 1:00 + 1x100 ch kick on 2:00 + 4x25 2<sup>nd</sup> best non fr sprint on :40 + 4x50 ms in drill on 1:10

4x200 on 2:20 fr maintain dps

:30pr

3x200 fr maintain dps

:30pr

4x200 on 4:00 fr @ :15 off LTB

100 ba recovery

10x37.5 on :45 ms workings turns and finishes

200 ch warm down

**Sprint (5900 yards)**

600 alternate 100 swim + 50 ch kick

12x100 @ 3 on 2:00 ch kick + 3 on 1:30 im + 3 on 2:00 ch kick + 3 on 1:20 fr

12x50 on :55 alternate 25 drill / 25 dps @ 4 fr, 4 st, 4 ch

12x25 fr @ 4 w/fins (1 breath) on :45 + 4 w/fins no breath) on :35 + 4 w/fins focusing on breakouts and finishes on :25

9x100 fr or st @ 25 sprint / 75 @ threshold on 1:45

7x100 fr or st @ 50 sprint / 50 @ threshold on 1:55

5x100 fr or st @ 75 sprint / 25 @ threshold on 2:05

400 ch swim alternate 50 drill / 50 dps

### **Middle Distance (4200 yards)**

2x500 fr on 7:00 eo50 @ dps

2x400 im on 7:00 as 50 kick / 50 dps

4x (odd rounds fr, even rounds st) (8x50 on 1:00 descend to max effort + :60pr + 200 on 5:00 broken at the 100 for :15pr and the 150 for :10, goal time as close to best time as possible)

400 fr warm down, alternate 50 drill / 50 dps

### **Distance Free (5000 yards)**

4x100 fr, alternate 25 right only, 25 left only on :10pr

8x75 im, odds drop the fr, evens drop the bf on :10pr

400 fr pull w/paddles (even 100s be5)

4x50 scull, each one different

8x75 ms, alternate 25 drill / 25 kick

8x250 fr on 3:30 descend 1-4, 5-8 (#8 should be faster than #4)

400 ch alternate by 50s drill / dps

### **Distance Free (5750 yards)**

400 ba holding a minimum of 5 UWDK off the walls

400 im as 25 kick – 50 drill – 25 dps

5x100 ch kick on 2:00 holding 1:45s or better

50 scull ch

4x (800 fr on 10:00 working the 10s + 50 fr dps on 1:00 + 4x25 bf sprint on :30 + 50 fr dps on 1:00)

400 im warm down as 25 kick – 50 drill – 25 dps

**Stroke (3450 yards + the stroke set selected)**

SPRINKLERS by 100s

6x75 ch kick on 1:30

3x(4x100 fr descend on 1:30 by rounds: 1) swim, 2)paddles (no buoy), and 3) paddles & fins) + 4x25 ba w/6UWDK @ dps easy on :45)

Pick one of the following sets:

BA: 3x(4x100 on 2:00 alternate 50 fr / 50 ba holding a minimum of 5 sprint UWDK off all walls + 4x25 ba sprint on :45)

BR: 4x(4x25 on 1:00 sprint + 4x50 kick as 3 down / 1 up on 1:00 + :30pr)

BF: 4x(8x50 on 1:00 using 2bf UWDK # as 2 of 1:00, 2 on :50, 2 on :45, 2 on :40 + :60pr)

Warm down: 20x25 on :30 cycle through 1) fr dps, 2) ch kick, 3) ms drill, 4) ms build

**IM (4,700 yards)**

400 fr

4x100 im on 1:30

4x50 st on :50

2x(4x50 drill in ms on :05pr + 4x25 ms round 1 build down, round 2 build-up on :30)

200 ch kick, no board

4x

8x50 on 1:00 – one round of each in IM order, odds swim descending through the 8, evens in drill

1x200 on 4:00 in stroke or im, descend by rounds to best effort

Warm down

20x25 on :30 cycle through 1) fr dps, 2) ch kick – no drill, 3) ms build-up, 4) ch dps