MONDAY 12/12

300 swim -25 free, 50 stroke

2 x 150 - 1st and last 50 free, middle 50 choice

300 pull -25 free, 50 stroke

2 x 150- 1st and last 50 free, middle 50 choice

3 x 100 -stroke descend 1-3

300 pull -25 free, 50 stroke

2 x 150 - 1st and last 50 free, middle 50 choice

3 x 100 - stroke descend 1-3

4 x 75 swim – 1st and last 25 kick

300 pull -25 free, 50 stroke

2 x 150 - 1st and last 50 free, middle 50 choice

3 x 100 - stroke descend 1-3

4 x 75 swim – 1st and last 25 kick

6 x 50 over, under with fins

Cool Down

6 x 25

2 on :20

2 on :30

2 on :40

TUESDAY 13th

Warm up:

8 x 25 backstroke

300 freestyle

400 choice kick

Main:

**Class (2500)**

25 kick/25 drill

5 x 25 on :25 sprint

75 ez recover

50 kick

5 x 25 on :25 sprint

75 ez recover

50 drill

5 x 25 on :25 sprint

75 ez recover

100 kick

5 x 25 on :25 sprint

75 ez recover

150 drill

5 x 25 on :25 sprint

75 ez recover

100 kick/100 drill

-------------rest & stretch-------------

**After School**

200 ez

4 x 25 underwater

50 sprint

4 x 25 fly on :30/:40/:50

100 IM on 1:30/1:40/1:50

4 x 50 breast on 1:00/1:15/1:30

200 IM on 3:00/3:30/4:00

4 x 100 back on 1:30/1:15/1:30

----rest 2 min----

150 swim

4x 100 kick

100 drill

150 swim

1 min rest after each 500

#1 = fly w/fins

#2 = back

#3 = breast

#4 = free w/ paddles

Cool Down:

50 EZ

Total: 3300 yards

December 15th

Warm up:

300 ez

200 kick

100 drill

Main Sets:

6 x 75 on 1:00/1:15/1:30

Odd – choice/free/choice

Even – free/choice/free

4x

50 swim from block on 1:00

100 swim on 2:00

50 swim from block on 1:00

--rest 1 min--

6 x 100 on 5:00 minutes, all out!!

\* If it is not within 5 seconds of best, it doesn’t count! \*

---rest & stretch---

150 kick

150 swim

100 kick

100 swim

50 kick

50 swim

2x…..10 x 50

#1 4 on 1:30 #2 4 on :45

1 on 1:20 1 on :50

1 on 1:10 1 on :55

1 on 1:00 2 on 1:00

1 on :55 1 on :50

1 on :50 1 on :40

1 on :45

500 pull

500 swim w/fins…1/2 under water

500 kick

4 x 100

25 IM/50 free/25 IM

10 x 25 drill choice

6 x 50

#1-fly #3- back #5- brst

#2- free #4- free #6 - fre

8 x 25

Even – drill

Odd – sprint

COOL DOWN:

50 ez

FRIDAY FUN DAY!!!

Warm up:

500 swim

2 x 200 pull

#1- free

#2- back

500 kick

Main work

Christmas trivia (20 min)

Relays (20 min)

- add equipment each person (nothing, goggles, paddles, fins, noodle, belt, kickboard)

- chain relay (1st 25 – 1 swimmer, 2nd 25 – 2 swimmers, 3rd 25- 3 swimmers, etc)

- race car relay

- santa’s sleigh (1 person pulls a noodle while “santa” sits on a kickboard”