**12/5/16**

**Warm up**

6 x 25 back & free

200 choice

250 kick

6 x 50 - 25 swim/25 drill

**Main sets:**

3 broken 450

- Sprint 75 yards, rest 15 seconds

- each 75 should be under 100 time

300…every 3rd 25 kick

2 Broken 500 by 50 negative splits

(first 50 slower than second 50)

---- rest & stretch---

6 x 50

1-Drill

2- over/under

3- sprint

100 (25 fly/25 back)

8 x 50 on :50/1:00

odd = 1st 25 sprint, even = last 25 sprint

100 (25 back/breast)

16 x 25, every 3rd sprint…(:30/:30/:20)

100 (25 breast, 25 free)

4 x 75 on best 100 time

24x25 fly, fins optional, on :30

1- Drill, 1-no breath, 1- normal

\*Kick set\*

100 free

50 back

50 breast

100 free

75 breast

75 fly

100 free

25 back

25 fly

COOL DOWN: 100 ez……………….**6500 total**

TUESDAY

**Warm up:**

200 ez

6 x 25 drill

100 build

4 x 25 kick

50 sprint

2 x 25 choice

**Main:**

20 x 25 no breather on :40

\* With paddles

16 x 25 swim on :45

\* every 3rd underwater

3 x 300

\* 100 choice, 100 IM, 100 choice

5 x 100

on 1:15/1:20/1:25/1:30/1:40/1:50

5 x 75

On :55/1:00/1:05/1:10/1:20/1:30

5 x 50

On :35/:40/:45/:50/:50/1:00

5 x 25

On :15/:20/:25/:30

**Cool Down:**

100 ez

Thursday Morning

**Warm up**

4 x 100

4 x 75

4 x 50

4 x 25

Odd- swim

Even – kick

**Main Sets**

4 x 200

#1 – bk/free/free/bk

#2 – free/bk/bk/free

#3 – breast/free/free/brst

#4 – free/brst/brst/free

3x

3 x 75, stay under water until green buoy each turn

\*1 is back, 2nd is brst, 3rd is choice

25,50,75,100,100,75,50,25

Alternate between brst/bk each 25

3x

4 x 50

1st – back on :50

2nd – breast on :50

3rd – choice on :45

**Cool Down**

100 ez

FRIDAY MORNING (Varsity)

Warm up

200 ez

4 x 50 build

6 x 25 kick

8 mid pool 25

50 sprint

Main Sets

10 x 50 on 1:30

\* odd – ez, even – sprint\*

200 kick

5 x 100 on 3:00

#3 – sprint

200 kick

50 sprint

Cool Down

50 ez