MONDAY 1/16

VARSITY:

**Warm up:**

 12 x 25 swim..every 3rd kick

 6 x 50 swim, every 3rd breast

 4 x 75, swim/drill/swim

 3 x 100, 25 fr/50choice/25 free

**MAIN:**

 45 min of state stroke

 50’s off block on 3:00 or

 100’s on 5:00 or

 200’s on 9:00

 8 x 25’s on :45

 Odd- sprint

 Even – ez

*JV – taper*

***Warm up:***

*200 swim*

 *4 x 50*

 *6 x 25 kick*

 *8 mid pool 25’s*

 *50 sprint*

***Main Set:***

*20 x 25 on 1:00*

 *4 kick*

 *4 sprint*

 *4 drill*

 *4 ez*

10 x 50 on 2:00

 *4 drill*

 *3 kick*

 *2 sprint*

 *1 ez*

 *Starts practice*

 *50 cool down*

TUESDAY- Last day of JV ☹ BEST OF LUCK!!!

*VARSITY*

**Warm up:**

 3 x 100, 25 fr/25bk/25fr/25 choice

 4 x 50 kick

 200 pull

 6 x 50, #2&5 sprint

**Main Set:**

2 x 400, 100 ez/200 pull/100 ez

 4 x 200 IM, worst stroke last 50

 4 x 125, last 25 – 1 breath

 200 kick

 6 x 50

 1- fast

 2 – ez/fast

 3 – ez

 ..repeat

*JV*

***Warm up:***

*200 swim*

 *4 x 50*

 *6 x 25 kick*

 *8 mid pool 25’s*

 *50 sprint*

**Main Set**

500 ez

 8 mid pool finishes

THURSDAY – 1/19

FLYERS (LANE 1) C***onner, kaden, adam, Makayla, kara, kiersten***

***300 ez***

***4 x 50 1:00***

***4 x 75, kick/swim/kick***

***50 sprint***

***50 ez***

10 x 100 on 2:00

 50 free, 50 fly from block

500 swim

 200 free, 200 dolphin, 100 fly

12 x 25 on :25

 Every 3rd- fly

200 swim

 100 fly, 50 free, 50 fly

200 kick

8 x 25 drill

4 x 100 free, pull

300 dolphin under water, 12.5 under water each turn!!

100 cool down

BACKSTROKERS (LANE 2) ***Kelsey, Rachel, lexi, kevin,***

***300 ez***

***4 x 50 1:00***

***4 x 75, kick/swim/kick***

***50 sprint***

***50 ez***

400 – 4x 75 back, 25 free

10 x 25 under water with fins

 Odd- flutter

 Even – dolphin

200 drill

 Odd 25 – right arm

 Even 25- left arm

400 swim

 100 free, 200 back, 100 free

12 x 25 sprint :25

 Every 3rd back

4x

 1 x 100 back on 1:45

 2 x 50 free on :50

 3 x 100 back on 1:20

100 cool down

BREASTSTROKERS (LANE 3) ***shane, Jethro, chase, Skyler, linzie, chloe***

***300 ez***

***4 x 50 1:00***

***4 x 75, kick/swim/kick***

***50 sprint***

***50 ez***

300 – 2 kick, 1 pull

200 – double pull down on turns

100 – reach for wall

50 – move your arms as fast as possible!!

100 – kick

200 – pull

300 - swim

6 x 50 free on :50

4 x 25 under water pull downs

2 x 100 breast on 2:00

2 x 100 breast on 1:40

300 kick

 100 breast, 100 flutter, 100 breast

10 x 50, 25 long/25 sprint on 1:20

6 x 25 ez swim whatever :45

2x 100

 #1 - 25 free, 50 breast, 25 free

 #2 – 25 brst, 50 free, 25 brst

100 cool down

I.M.ERS (LANE4) ***sam, jakon, aaron, Georgia, Lydia, morgan***

***300 ez***

***4 x 50 1:00***

***4 x 75, kick/swim/kick***

***50 sprint***

***50 ez***

4 x 250 …200 IM + 50 rolling IM (200 im,50 fly; 200 im,50 back)

100 IM on 1:40

4 x 25 breast on :40

100 IM on 1:30

4 x 25 back on :30

100 IM on 1:30

4 x 25 fly on :30

100 IM on 1:20

4 x 25 free on :20

200 kick

8 x 25 mid pool turns, IM order

100 free/50 fly

100 breast/50 back

100 back/50 breast

100 fly/50 free

100 cool down

DISTANCERS (LANE 5) ***stuart, Brayden, braden, abby, bryanna,***

***300 ez***

***4 x 50 1:00***

***4 x 75, kick/swim/kick***

***50 sprint***

***50 ez***

5 x 100, rest 10 seconds (look at time!!)

200 pull

500 swim, within :15 of your broken 500 time

200 kick

10 x 100, rest 10 seconds (look at time!!)

200 pull

1000 swim, within :30 of your broken 1000 time

100 cool Down

SPRINTERS (LANE 6) ***Adam, Christian, Alex, Vance, Matt, Nancy, Amanda, Cheech***

***300 ez***

***4 x 50 1:00***

***4 x 75, kick/swim/kick***

***50 sprint***

***50 ez***

200 swim

4 x 50, beat your 200 time

4 x 75 sprint, watch clock!!

300 pull…beat the 75’s time

200 ez kick

8 x 25 easy :45

2 x 100 on 1:15

6 x 25 easy :45

2 x 100 on 1:10

4 x 25 ez on :45

2 x 100 on 1:05

2 x 25 ez on :45

2 x 100 on 1:00….AH!!! LET’S GO!

200 pull

4 x 25 on :45

3 x 50 on :45

4 x 25 on :40

3 x 50 on :40

4 x 25 on :35

3 x 50 on :35

 100 cool down

STATE & DISTANCE

**Warm up:**

6 x 25 back & free

100 kick

100 drill

150 pull

**Main Set:**

12 x 50

 2 on :45, 1 on 1:00

 3 x 200 fins

 50 kick, 100 stroke, 50 kick

 4x

 100 sprint on 2:00, close to best!

 50 sprint – faster than ½ 100

 --1 min rest--

 300 kick

4 x 100 on 1:15

3 x 50 on :40

4 x 100 on 1:20

3 x 50 on :35

4 x 100 on 1:10

3 x 50 on :50

50 ez cool down

 **4300 yards**

*Varsity Region Taper*

**Warm up:**

6 x 25 back & free

100 kick

100 drill

150 pull

**Main Set:**

500 long swim, great turns!

6 x 25 on 1:00, ez

4 x 100 on 3:00, last one sprint

6 x 25 on 1:00 ez

3 x 100 on 2:45, middle one sprint

6 x 25 on 1:00 ez

2 x 100 on 2:30, last one sprint

6 x 25 on 1:00 ez

100 all out sprint from block!

500 long swim, cool down

 **3100 yards**