***MONDAY- taper week***

***Warm up:***

*200 swim*

*4 x 50*

*6 x 25 kick*

*8 mid pool 25’s*

*50 sprint*

***Main Set:***

*500 stretch out swim*

*20 x 25 on 1:00*

*4 drill*

*4 swim*

*4 kick*

*4 sprint*

*4 ezl*

10 x 50 on 2:00

*4 drill*

*3 kick*

*2 sprint*

*1 ez*

*500 stretch out*

TUESDAY – taper in 20 yd lanes

**WARM UP**

160 swim ez and long (8 times)

4 x 40 1:00

6 x 20 kick

8 mid pool 20’s

40 sprint

**MAIN SET**

**2x**

2 x 20 drill state stroke

2 x 20 drill free

2 x 40 state stroke 1:00

4 x 80

20 drill, 20 kick, 20 sprint, 20 recover

8 x 40 1:00

#3 and 7 sprint

8 x 20 under water

6 x 60

Ez/sprint/ez

4 x 20 drill

4 x 20 state stroke

# 3 sprint

**COOL DOWN**

40 ez walk and stretch

40 ez swim

WEDNESDAY 1/25

**Warm up**

300 swim

100 free/50 state stroke/100 back/50 state stroke

4 x 50 kick

6 x 50

Sprint 12 yds/ ez 25 yds/ sprint 12 yds

2 x 100 long pull (12-15 strokes/25) on 2:00

**Main Set**

6 x 25 ez 1:00, #3 and #6 sprint

3 x 100 smooth turns 2:40

4 x 50 w/ fins, good underwaters 1:15

--story time--

4x

25 ez 1:00

50 sprint from block 1:00

25 ez 1:00

--rest 1 min—

**Cool Down**

50 swim/50 float & stretch/50 swim

THURSDAY – LAST DAY BEFORE REGION!!!!

**Warm Up**

**200 swim long & strong**

**4 x 50 ez**

**6 x 25 kick**

**8 mid pool 25’s**

**50 sprint**

MAIN SET

200 stretch out

8 mid pool finishes with celebration!!

---- story time—(coach kaylee)

200 stretch out

50 sprint

----story time--- (captains)

100 stretch out

100 of state stroke, smooth and beautiful

---story time--- (coach powers)

5 starts