HAPPY NEW YEAR!!!

Jan 2

You must reach 2017 pts!

25 yds = 10 pts

50 = 20 pts

75 yds = 30 pts

100 = 40 pts

150 yds = 60 pts

200 = 80 pts

500 yds = 200 pts

You can swim whatever you want, however you want… good luck!

5050 yds = 2020 points

Jan 3, **2017**

**Warm up:**

2x 100 swim, 100 drill, 50 sprint, 50 kick

 #1- free, #2 - state stroke

**Main:**

 6 x 25 back or breast

 300 IM kick (by 75’s)

 12x50 @ :50

 1- 50 free

 2- 25 fly, 25 free

 3- 25 free, 25 fly

 4- 50 fly

 5- 50 free

 6- 25 back, 25 free

 7- 25 free, 25 back

 8- 50 back

 9- 50 free

 10- 25 breast, 25 free

 11- 25 free, 25 breast

 12- 50 breast

 6 x 25 fly or free, no breather

 300 state stroke kick

 8 x 75 sprint

 3 on 1:00/1:05/1:15

 2 on :50/:55/1:05

 3 on :45/:50/1:00

 6 x 25 state stroke

 300 (75 choice kick, 150 flutter, 75 choice kick)

 4 x 150 …. (1) 50 stroke/100 free , (2) 75 stroke/75 free, (3) 100 s/50 f, (4) 150 stroke

**COOL DOWN**

 50 float/50 ez

 Wednesday

Class (3550 yds)

Warm up:

3x… free/breast/back

 100 swim

 100 kick

 100 drill

Main:

4 x 100

1:25/1:20/1:10/1:10

 1:30/1:40/1:20/1:20

 1:40/1:50/1:30/1:30

5 x 50 on :50

5 x 50 on :45

State stroke: 50/100/150/200/150/100/50

Pull: 200/150/100/50/100/150/200

--Rest & stretch—

After School (3900 yds)

Warm up:

 100 swim

 100 kick

 100 stroke – no free

Main: “Fish burn”

 \*don’t miss a wall!\*

 5 x 100 on 3:00

 4 x 200 on 4:00/5:00

 3 x 300 on 5:00/6:00/7:00

 2 x 400 on 6:00/7:00/8:00

 1 x 500 on 7:00/8:00/9:00

Cool Down:

 50 float, 50 ez

1/5

**Warm up:**

4 x 25 free

 6 x 25 back

 8 x 25 kick

 10 x 25 pull

**Main Sets:**

3x

 50 swim 1:00

 50 swim, 50 drill 1:30/1:45

 50 swim, 50 drill, 50 kick 2:00/2:30

 2x

 200 kick

 4 x 50 on :45/:50

 2 x 100 on 1:10/1:20/1:30

 8 x 25 drill

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Get out swim

 4 girls swim a medley relay

 1 boy swims 200

 If girls win.. girls get out

 If boy wins..boys get out

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2x

 4 x 25 sprint on :20

 200 pull recovery

**Cool Down**

50 ez float/swim

FRIDAY!!

Class (3700)

**Warm up:**

400 long strokes

300 kick

4 x 50 drill

6 x 25 mid pool

100 backstroke

2 x 25 sprint, no breath

**Main Set**

2 broken 1000’s

 \* 10 x 100’s with 10 sec rest in between

1st is choice, 2nd is freestyle

Rest 3 min between each 1000

20 x 25 on 1:00, do whatever

----rest & stretch---

After School (2050-2550)

**Warm up:**

100 on 3:00

 100 on 2:45

 100 on 2:30

 100 on 2:15

 100 on 2:00

 100 on 1:45

 100 on 1:30

**Main Sets:**

6x 50 from block 1:00

 25 under water

\*if you don’t make it, you lunge back to the block\*

100 back

100 back kick

25 under water, 1 breath

50 under water, 4 breathes

25 under water, 2 breathes

50 under water, 3 breaths

25 uner water, 3 breathes

50 under water, 2 breathes

25 under water, 4 breathes

50 under water 1 breath

25 under water, 0 breathes

50 under water, 0 breathes

75 kick

6 x 25 1:00

100 sprint from block

 \* 2 sec of best you can get out\*

4 x 50 on :45

100 kick

4 x 50 on :35