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