**VARSITY**

**Warm up**

100 back

4 x 25 drill

4 x 50 kick

100 back

**Main**

4x

4 x 25 on :20

4 x 25 kick on 1:00, white water

2 x 50 on :35

100 pull

--2 min rest--

400 IM

100 fly kick

300 IM

100 breast kick

200 IM

100 free kick

100 IM

--2 min rest--

5 x 100 on 2:00

4 x 100 on 1:45

3 x 100 on 1:30

2 x 100 on 1:15

1 x 100 sprint

COOL DOWN

50 float/50 swim

**JV**

**Warm up:**

100 back

4 x 25 drill

4 x 50 kick

100 back

**Main Set**

4 x 25 backstroke drill

150 backstroke kick

200 back (50 sprint, 50 ez, 50 sp, 50 ez)

200 breaststroke (50 ez, 50 sp, 50 ez, 50 sp)

150 breaststroke kick

4 x 25 breaststroke drill

4 x 25 fly drill

150 dolphin kick

200 fly w/fins

200 free (first & last 50 ez)

150 flutter

4 x 25 free drill

--rest 2 min--

5 x 100 stroke specific

Odd 5 seconds of best time

Even 10 seconds of best time

5 x 75 stroke specific

Goal of best 100

5 x 50 stroke specific on :40/:50/1:00

5 x 25 stroke on :20/:30/:40

**Cool Down**

50 Ez

*JV before school (lanes 5&6)*

**Warm up**

6 x 25 back

3 x 50 dolphin

2 x 75 choice

3 x 50 flutter

6 x 25 breast

**Main:**

*3000 yd swim*

*JV after school (lanes 5&6)*

**Warm up**

300 long strokes

200 kick choice

8 x 25 on :40

Back & breast

**Main Set**

12 x 50 on 1:00 1st sprint, 2nd & 3rd EZ

1-6 swim

7-12 kick

4 x 25 on :40

100 ALL OUT

200 EZ

4 x 25 on :40

75 ALL OUT

225 EZ

4 x 25 on :40

50 ALL OUT

200 EZ

8 x 50 on :45/ :55/ 1:00

Evens- state stroke

Odds - free

6 x 25 mid pool

6 x 25 no breather swim

6 x 25 kick

6 x 25 sprint on :25

**Warm Down**

100 EZ

VARSITY

**Warm up**

6 x 25 back

3 x 50 dolphin

2 x 75 choice

3 x 50 flutter

6 x 25 breast

**Main Set**

3x

4 x 75 SPRINT on 1:15

2 x 25 recover on :40

1st & 3rd state stroke, 2nd is free

100 pull

100 kick

12 x 100 make it set!

Challenge yourself!!

1:20 (lane 1) 1:25 (lane 2)

1:30 (lane 3) 1:40 (lane 4)

100 kick

100 pull

4 x 150, last 50 state stroke

--rest & stretch--

\*After school\*

100 ez

100 kick

6 x 50 pull DPS

100 kick

100 ez

6 x 50 on 1:30

2 x 25 on 1:00

5 x 50 on 1:15

4 x 25 on 1:00

4 x 50 on 1:00

4 x 25 on 1:00

3 x 50 on :45/:50

2 x 25 on 1:00

2 x 50 on :35/:40

\*50’s are state stroke

100 pull

100 kick

7x

Broken 100’s by 25

“4 x 25 sprint on :20”

WATCH YOUR TIME!!

**COOL DOWN**

50 float/50 ez

*Varsity*

**Warm up:**

6 x 25 back

6 x 25 free

150 kick

3 x 50 brst

3 x 50 choice

150 kick

**Main**

4 x 200 on 3:30/4:00/4:30

- 25 free/100 s.s./25 fr/50 s.s.

6 x 25 on :20

300 s.s. kick

6 x 25 on :20 s.s.

300 pull

3x

3 x 25 on :20, watch time!

1 min rest

75 sprint, beat your combined time!

2 x 50 s.s. 1:00

2 x 100 free 2:00

200 s.s. on 4:00

2 x 100 free on 1:30

2 x 50 s.s. on :45

**Cool Down**

100 ez

JV – taper time!!

**Warm up:**

6 x 25 back

6 x 25 free

150 kick

3 x 50 brst

3 x 50 choice

150 kick

**Main**

4 x 100 on 2:30

#3 sprint

200 pull

12 x 50 on 1:00

Odd -swim

Even – kick

200 pull

8 x 25 1:00, fast finishes

200 pull

4 x 25 sprint :30

**Cool down**

100 ez

VARSITY

**Warm up**

300 swim

200 kick

100 drill

2 x 25 under water

50 sprint

**Main**

12 x 100 on 1:40/1:50/2:00

#1-2, fly/free

#3-4, bk/fr

#5-6, br/fr

#7-8, fr/br

#9-10, fr/bk

#11-12, fr/fly

2 x 300 IM kick

#2 – reverse IM kick

4 x 250 on 4:00

200 with paddles, 50 choice stroke

6 x 75 kick

2 on 1:45

2 on 1:30

2 on 1:15

100 state stroke, from block

**Cool Down**

50 ez

JV – TAPER!

**Warm up:**

300 swim

200 kick

100 drill

2 x 25 under water

50 sprint

**Main Set**

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 off block!

**Cool Down**

100 ez