TIME TO FOCUS!

**Monday (11/14)**

**Warm up:**

10 x 25 on :45 (4 free/1 back)

300 dolphin kick, no board

200 breaststroke, long stroke

**Main Set(s)**

4 x 100 choice strokes on 1:40/ 1:50/ 2:00

3 x 300 IM (75 each stroke) on 5:00

2 x 200 free, last 50 sprint on 3:00/3:30/4:00

200 dolphin kick

200 breaststroke kick

---2 min rest-------

King of the hill!!

100’s on 1:45/2:00/2:15/2:30/2:45/3:00

 Lanes 1 & 2 = 21 x 100’s (1:30)

Lanes 3 & 4 = 17 x 100’s (2:00)

Lanes 5 & 6 = 13 x 100’s (2:40)

\* you can rest one 100, any more than that you owe your team a plank for the duration of the 100.

**COOL DOWN:**

50 float

50 swim

NOV 15 (morning)

 Total: 3900

**WARM UP**

6 x 25 free

100 kick

6 x 25 back

100 drill

6 x 25 choice

**MAIN**

50 swim, 50 kick, 50 pull

100 swim, 100 kick, 100 pull

150 swim, 150 kick, 150 pull

…

…

300 swim, 300 kick, 300 pull

**COOL DOWN**

100 ez

FUN DAY #1 – nov 17

(deck of cards)

**WARM UP**

100 ez

8 x 25 (3 free, 1 choice)

4 x 75 (drill/kick/drill)

8 x 50 (every 4th sprint)

**MAIN**

4 x 25 under water breast pull

225 butterfly

225 breast

75 free

4 x 25 choice

175 fly

4 x 25 under water dolphin

100 back

4 x 25 under water dolphin

200 fly

**COOL DOWN**

6 x 25 choice

FUN DAY #2 (Trivia)

**Warm up**

200 ez

6 x 25 kick

100 sprint

6 x 25 drill

200 pull

 6 x 25 no breather

 100 BEAUTIFUL state stroke

50 free or 50 fly

 Who sings, “My Heart Will Go On”? **Celine Dion**

50 back or 100 back

 When is my birthday? **May 3**

4 x 25 breast or 8 x 25 breast

 What is Maine’s abbreviation? **ME**

2 x 25 under water or 4 x 25 under water

 What is Michael Scott’s middle name? **Gary**