1st of November

**Warm up:**

10 x 50, every 3rd choice on 1:00

8 x 25 IM order kick

2 x 50 sprint

**Main:**

6 x 25 fly on :40/:45/:50

6 x 50 fly on :50/1:00/1:15

4 x 25 backstroke on :40/:45/:50

4 x 50 backstroke on :50/1:00/1:15

2 x 25 breast on :40/:45

2 x 50 breast on :50/1:00/1:15

----2 min rest----

200 fly with fins ….. ½ under H2O

300 breaststroke…. Double pull down on walls

400 backstroke with fins …. ½ under H2O

500 freestyle… pull

---2 min rest---

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

6 x 25, catch partner… 10 push-ups if caught

#1 = state stroke

#2 = free

**Cool Down**

50 EZ

Total: 4250 yards

\*Box Elder is Saturday!! Are you going to fight for victory?\*

\* You can either be the fastest winner, or the fastest loser\*

\* Everyone wants to be a champion, until they find out what it takes\*

\* Set goals so big others laugh, then crush ‘em as they laugh!\*

WEDNESDAY (11/2)

**Warm up: (900)**

8 x 25 backstroke

300 freestyle

4 x 100 choice kick

50 on stomach

50 on back

**Main: (2400)**

4 x 25 free

100 choice

4 x 50 choice

200 free

4 x 100 free

400 choice

----rest 2 min----

150 swim

2x 100 kick

100 drill

150 swim

Relay starts

**Cool Down:**

50 EZ

Total: 3350 yards

**NOV. 7**

**Warm up: (900)**

9 x 50 on 1:00

1. swim

2. kick

3. build

200 pull

6 x 25 underwater

100 sprint

**Main Set (2600)**

3x

4 x 25 drill

150 kick

200 swim

#1 – first 100 sprint

#2 – middle 100 sprint

#3 – last 100 sprint

--rest 2 min--

5 x 100 stroke specific… 20 sec rest

Odd 5 seconds of best time

Even 10 seconds of best time

5 x 75 stroke specific …… 10 – 15 sec rest

Sprint last 30 yards

5 x 50 stroke specific on :40/:50

5 x 25 stroke on :20/:25

**Cool Down**

50 Ez

NOVEMBER 8th

**Warm Up**

2 x 400

#1 = 100 free/100 kick/100 drill/100 free

#2 = 100 fly/100 kick/100 drill/100 fly

**Main Sets:**

3x

3 x 100 pull

#1- breathe every 3

#2 – breathe every 5

#3 – breathe every 7

8x 75 on 1:30

Odd – 25 tarzan drill/50 ez

Even – 25 sprint/50 ez

4x :30 vertical kick & :30 rest

8x 75 on 1:20

Odd – 25 tarzan drill/50 ez

Even – 25 sprint/50 ez

200 IM beautiful and slow

4x :30 vertical kick & :30 rest

4x

3 x 50

#1-25 underwater/25 ez

#2 – fly

#3 – sprint free

**COOL DOWN**

300 ez

**Lane 1 (sprint) –***November 9th*

**Warm Up:**

100 super ez

200 long & beautiful, pull

300 under water kick with fins

400 reverse IM drill

**Main**

4 x 25 sprint (goal is 100 time)

4 x 75 on best 100 time

3 x 100 on 1:15

300 pull

4 x

75 sprint off block

25 underwater

300 kick

3 x 100 on 1:05

**Cool Down**

100 ez

Swimmers:

Nancy

Christian

Alex

Amanda

Adam

Naylor

Skyler

Kelsey

Brownie

**Lane 2 (Sprint)**

**Warm Up:**

100 super ez

200 long & beautiful, pull

300 under water kick with fins

400 reverse IM drill

**Main**

4 x 25 sprint (goal is 100 time)

4 x 75 on best 100 time

3 x 100 on 1:30

300 pull

4 x

75 sprint off block

25 underwater

300 kick

3 x 100 on 1:30

**Cool Down**

100 ez

Swimmers

Jake C

Aaron

Matt

Sariah

Anessa

Skyler R

Eric W

Hunter

Cody J

Jesus

Alanis

**Lane 3 (Breaststroke)**

**Warm Up:**

100 super ez

200 long & beautiful, pull

300 under water kick with fins

400 reverse IM drill

**Main**

4 x 25 sprint (goal is 100 time)

4 x 75 on best 100 time

3 x 100 on 1:40

300 pull

4 x

75 sprint off block

25 underwater

300 kick

3 x 100 on 1:30

**Cool Down**

100 ez

Swimmers

Shane

Rachel

Chase B

Eli

JP

Jethro

Tait

Morgan

Chloee

Kate

**Lane 4 (Backstroke)**

**Warm Up:**

100 super ez

200 long & beautiful, pull

300 under water kick with fins

400 reverse IM drill

**Main**

4 x 25 sprint (goal is 100 time)

4 x 75 on best 100 time

3 x 100 on 1:20

300 pull

4 x

75 sprint off block

25 underwater

300 kick

3 x 100 on 1:15

**Cool Down**

100 ez

Swimmers

Sam

Jakon

Kevin

Austun

Gregory

Lexi C

Lauren

Georgia

Jake A

**Lane 5 (Fly)**

**Warm Up:**

100 super ez

200 long & beautiful, pull

300 under water kick with fins

400 reverse IM drill

**Main**

4 x 25 sprint (goal is 100 time)

4 x 75 on best 100 time

3 x 100 on 1:20

300 pull

4 x

75 sprint off block

25 underwater

300 kick

3 x 100 on 1:15

**Cool Down**

100 ez

Swimmers

Kiersten

Conner

Kaden

Kara

Ben

Adam

Makayla

**Lane 6 (Distance)**

**Warm Up:**

100 super ez

200 long & beautiful, pull

300 under water kick with fins

400 reverse IM drill

**Main**

5 x 100 :30 sec rest (500 splits)

2x

6 kick 50 swim

3 kick 50 swim

4 x 100 :20 sec rest (500 splits)

200 w/ paddles, 2 kicks each wall

3 x 100 :10 sec rest (500 splits)

200 w paddles, 3 kicks each wall

10 x 50 on :50 *PACING*

**Cool Down**

100 ez

Swimmers:

Abby

Bryanna

Linzie

Austun

Braden M

B. Parry

Josh

Stewie

Hazen

Jane

**THURSDAY (11-10)**

**Warm Up**

300 swim back & free  
200 kick

150 drill  
100 breast & free  
50 ez choice

**Main Set:**

20 x 25 on 1:00

Odds= good start (blocks)

Evens = fast finish

200 easy

8x

2 x 25 sprint on :20

25 easy swim on 1:00

Kick for 10 min, ½ without board

50 float

50 ez swim

9 x 50 choice on :50/1:00

Every 3rd is 10 sec faster

**Cool Down**

150 ez

Total: 2800 + kick