NOV 21

**Warm Up:**

10 x 25 backstroke

4 x 50 freestyle

2 x 75 kick, build

**Main Set:**

6 x 25 breaststroke on 1:00, 2 kick 1 pull

5 x 100 choice

rest 15 seconds at wall- watch time

3 x 50 backstroke on 1:00, good turns!

Broken 200 free choice

4 x 50, 15 sec rest

6 x 25 butterfly on 1:00, goggle drill

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

3 x 50 breaststroke on 1:00,

5 x 100 choice

rest 10 seconds at wall- watch time

6 x 25 backstroke on 1:00, odd- right arm, even – left arm

Broken 200 choice

10 sec rest each 50

6 x 25 butterfly on 1:00, no breather!

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

6 x 25 backstroke on :45, dolphin half way

5 x 100 choice

Rest 5 sec at wall—YOU CAN DO IT!

3 x 50 butterfly, don’t break!

Broken 200 choice

5 sec rest each 50--- BELIVE IN YOURSELF!!

6 x 25 breaststroke, odd = under water, even = sprint

**Warm Down:**

50 EZ

**Total: 4100 yards**

**“It’s a sprint”**

Warm up (800)

*200 easy*

*200 pull*

*3 x 50 back or breast*

*2 x 75 dolphin kick*

*100 build choice*

Main (2500)

*10 x 25 on :40*

*50 easy pull*

*10 x 25 on :35*

*100 easy pull*

*10 x 25 on :30*

*150 easy pull*

*10 x 25 on :25/ :30*

*200 easy pull*

*10 x 25 on :20/ :30*

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

*4 x 50 Build on :45/:50*

*2 x 50 Fast on :35/:40*

*1 x 50 Easy on 1:00*

*3 x 50 Fast on :35/:40*

*1 x 50 Easy on 1:00*

*4 x 50 Fast on :35/:40*

Cool Down

*500 pull*

**HAPPY THANKSGIVING (11/23)**

**WARM UP**

6 x 25 ez

6 x 25 kick

200 pull

8 x 25

Odd- sprint

Even – ez

**MAIN**

5 x 100 on 1:20/1:30/1:50

---- 5 min rest----

5 x 100 on 1:30/1:45/2:00

* Odd = choice
* Even = IM

-----5 min rest----

5 x 100 on 1:20/1:30/1:50

------- 5 min rest ----

5 x 100 on 1:15/1:30/1:45

* Odd kick with fins
* Even kick with fins & board

-------- 5 min rest-----

5 x 100 on 1:15/1:25/1:45

-------- 5 min rest-----

5 x 100 on 1:30/1:45/2:00

Odd – pull w/paddles

Even – pull w/out

**COOL DOWN**

50 float/50 swim

*HE\*\* month!! (11/28)*

**Warm up:**

2 x 100 on 2:00 ez

4 x 50 drill

200 pull

4 x 50 kick

2 x 100 IM

**Main Sets:**

5 x 100… free on 1:20/1:40/2:00

---2 min rest--

6 x 150… 100 free/50 fly on 2:00/2:30/3:00

--2 min rest--

11 x 100 … 25 fly/50 free/25 fly 1:30/1:40/2:00

--1 min rest—

25-50-75-100-75-50-25 easy choice, rest 5 sec at wall

2 x 25 underwater

\*all members in lane must make it to move on\*

4 x 50 choice…sprint walls on 1:00

**Cool Down:**

100 ez

*Total – 4250*

*NOVEMBER 29*

**Warm Up**

300 ez

200 kick

100 fast

200 drill

300 pull

**Main** (stroke specific lane… lane 1 – fly, 2 – back, 3 - breast, 4- IM, 5&6- free)

4 x 75 kick

400 swim (150 ez, 100 fast, 150 ez)

6 x 50 drill

300 swim (100 ez,100 fast,100 ez)

8 x 25 underwater

200 swim (50 ez, 100 fast, 50 ez)

6 x 50 mid-pool

100 sprint

4 x 25 from block

---rest & stretch-----

4 x 200 pull

4 x 200 IM

4 x 100 kick

4 x 100 IM

4 x 75 sprint

4 x 75 IM (rolling)

4 x 50 drill

4 x 50 IM order

**COOL DOWN**

100 ez

Morning Practice 11/30

Warm up

500 ez

500 kick

Main Sets

5 x 100 choice on 1:30/1:40/2:00

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

5x 4 x 25… under water, ez, drill, sprint

500 pull

Cool Down

50 ez

SILVER RUSH PRACTICE

**Warm up:**

6 x 25 stretch out on :30

5 x 50 kick on 1:00

4 x 75 back or free on 1:15

3 x 50 Breast on 1:00

2 x 25 Sprints on :30

**Main Set:**

10 x 50

* 2 on :45, 1 on 1:00

8 x 75 on 1:30

- IM Order

6 x 100 on 1:20/1:40/2:00

- choice sprints

------2 minute break -----------------

3 x 200 with fins on 3:00

- Middle 100 fly

2 x 300 free with paddles on 4:15

**Cool Down:**

100 EZ