October 24, 2016

**WARM UP: (500)**

25 free 100 free

50 back 75 back

75 kick 50 kick

100 choice 25 choice

**Main Set: (4000)**

**3x**

200 pull

300 kick fins, no board

4 x 100 on 1:15/1:40/2:00

**2x**

6 x 25 on :30

3 x 50 on 1:15.. sprint baby!!

6 x 25 on :20/:25

**1x**

400 reverse IM

**COOL DOWN: (100)**

25 float

50 long strokes

25 float

\*Suffer pain today so you won’t suffer regret when you race\*

\*Today I’ll be strong, I will not give up, I will be successful and make you proud!\*

\*The body achieves what the mind believes.\*

\*You are greater than you think\*

10/25

**Warm Up**

2x

4 x 25

3 x 50

2 x 75

1 x 100

\*1st is free

\*2nd is choice

**Main:**

Breaststroke technique

500 breaststroke cool down

It’s Wednesday my dudes! (10/26)

**Warm Up: (1100)**

12 x 25 IM – no fly

8 x 50 – IM kick, no board

4 x 100 choice

**Main Sets: (1600)**

Group fly progression technique

Lane by lane fly work

10 x 25 sprint :40

3 x 50 choice 1:00

8 x 25 IM :40

4 x 50 sprint :45

6 x 25 under water 1:00

5 x 50 kick 1:30

4 x 25 sprint, no breather

6 x 50 IM, no free

**Cool Down: (50)**

2 x 25 ez

***THURSDAY 27th***

**Warm Up:**

10 x 50 on :50

6 x 75 on 1:30 (50 ez, 25 sprint)

**Main Sets:**

2x

3 x 100 kick

\*half way under water

2 x 200 (50 kick/50 swim) – no fins

1 x 300 state stroke

----rest 2 min---

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

6 x 75 on 1:00/1:15/1:30

6 x 50 on :45/:50/:55

6 x 25 on :20/:30

**Cool Down**

50 ez

**TOTAL: 4500 yards**

**- Don’t be afraid to be great and succeed!**

**\* To be number 1, you train like you’re number 2.**

**- Work hard or go home**

**\* If you really want “it”, you’ll find a way. If not, you’ll find an excuse.**