OCT 17

**Warm Up: (1100)**

12 x 25, every 3rd kick

6 x 50, choice choice free

4 x 75… swim, drill, swim

2 x 100.. 50 free, 50 back

**Main Set: (2800)**

6 x 25 on :30/:40

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

1-3 fly with fins

4-6 back with paddles

7-9 breast, 2 kick 1 pull. Double pull down

10 -12 free, pull breathe every 5th

6 x 25 on :25/:40

8 x 75 on 1:20/1:45/2:15

1&5 – fly/fr/fly 3&7 – fr/fly/fr

2&6 – bk/br/bk 4&8 – br/bk/br

6 x 25 on :20/:25/:30

400 IM kick

4 x 100 IM, no stopping

6 x 25 on :15/:20/:30

**Cool Down (100)**

25 high 5

25 float

25 swim

25 float

***OCTOBER 18***

**Warm up:**

6x

50 free

50 choice

50 kick

**Main Set:**

3000 swim  
 middle 1000 state stroke

**Cool Down:**

50 backstroke and float

10-19-16

**Warm up: (900)**

3x …1st free, 2nd back, 3rd choice

2 x 25 swim

2 x 50 kick

2 x 75 swim

**Main Set (3200)**

10 x 50 on :50.. make it back under :40

6 x 25 on :20

10 x 50 on :50… make it under :35

200 pull

10 x 50 on :50… make under :45

6 x 25 on :20

10 x 50 on :50…. Make :40

200 pull

10 x 50 on :50…. Make 35

**Cool Down: (100)**

25 float

25 free

25 back

25 float

FALL BREAK DAY 1

**Warm Up: (600)**

200 free

8 x 50 IM order

**Main Set: (2500)**

5x

25 underwater kick

75 back kick

4 x 200 pull

Odd 50’s breathe every 3

Even 50’s breathe every 5

---2 min rest----

1200 IM

100 easy, 100 mod, 100 fast each stroke

**Cool Down: (100)**

4 x 25 reverse IM ez

FALL BREAK DAY 2 (10/21)

**Warm Up:**

500 whatever

**Main Set:**

\* Dice Game\*

1 x 50 backstroke

6 x 75 kick

2 x 50 fly

2 x 75 back

4 x 75 free

2 x 75 choice

6 x 50 back

5 x 25 breast

4 x 50 kick

3 x 75 IM

**Cool Down:**

50 ez

Sharks & minnows

Total: 2600 yds