

Monday 12-21-20

LANE 3/4

WARM UP:

500 CHOICE STROKE-

(broken out 100 swim, 100 kick, 100 swim, 100 kick, 100 swim)

Need Pull Buoys....

- 400 Pull
- -Start the 100s :10 seconds after last finishes 400 max of 6:30
- 4 x 100 on 1:40
- 300 Pull on 5 minutes
- 3 x 100 on 1:35
- 200 Pull on 3:30
- 2 x 100 on 1:30
- 100 Pull on 1:50
- 1 x 100 on 1:25

No Equipment-

8 x 50 on :45

200 Cool Down

3,100 total

Tuesday 12-22-20

LANE 3/4

WARM UP:

300 Swim (100 free, 100 kick no board, 100 choice)

8 x 50

1-4 kick on 1:10 (descend)

5-8 swim on :55 (descend)

Pre-Set:

7 x 100 Odds free, evens IM on 1:50

Main Set: 3 Rounds

2 x 50 Fly on 1:05

4 x 50 FAST on :45

2 x 50 Non Free on 1:05

Rest 30 seconds after Round #1, then go straight from Round 2 into Round 3

Then..

6 x 100

1-3 on 1:35

4-5 On 1:45

6 on 2:00

TOTAL = 2,800

Wednesday 12-23 HAPPY CHRISTMAS EVE EVE

LANE 3/4

WARM UP:

300 choice stroke (100 swim, 100 kick, 100 swim)

4 x 100 50 KICK/DRILL 50- DRILL/SWIM- IM ORDER on 2:00

8 x 50 on 1:05

1. Fly/Back
2. Back/ Breast
3. Breast/ Free
4. Free/Free

IM SET:

50 FLY on :55

100- 50 FLY / 50 BACK (on 1:55)

150- 50 FLY/ 50 BACK/ 50 BREAST (on 3:00)

2 x 200 IM (on 3:20)

150- 50 FLY/ 50 BACK/ 50 BREAST (on 3:00)

100- 50 FLY / 50 BACK (on 1:55)

50 FLY on :55

6 x 50 IM ORDER – FAST breakouts on 1:00 (no freestyle)

200 COOL DOWN

=2600