

RVHS Swimming

4-Dec 28

Set	Description	Reps	Distance/Rep	Interval	Total Distance	Time	Cummulative Time
Warm-up							
	100 swim, kick by 25	1	100	2:00	100	2:00	2:00
	<i>Transition</i>	1	0	1:30	0	1:30	3:30
Pre Set							
	FINS ON						
	50 smooth swimming	1	50	1:00	50	1:00	4:30
	50 kick at 200 pace	4	50	1:00	200	4:00	8:30
	50 smooth swimming	2	50	0:55	100	1:50	10:20
	50 kick at 200 pace	3	50	0:55	150	2:45	13:05
	50 smooth swimming	3	50	0:50	150	2:30	15:35
	50 kick at 100 pace	2	50	0:45	100	1:30	17:05
	50 smooth swimming	4	50	0:45	200	3:00	20:05
	50 kick ALL OUT	1	50	0:45	50	0:45	20:50
	<i>Transition</i>	1	0	1:30	0	1:30	22:20
Main Set							
	10 x 200s						
	1-3	3	200	3:30	600	10:30	32:50
	4-6	3	200	3:20	600	10:00	42:50
	7-9	3	200	3:00	600	9:00	51:50
	10 - ALL OUT	1	200	3:00	200	3:00	54:50
	<i>Transition</i>	1	0	1:30	0	1:30	56:20
Cool Down							
	100 Cool Down	1	100	2:00	100	2:00	58:20
Total					3200		58:20

RVHS Swimming

5-Dec 29

Set	Description	Reps	Distance/Rep	Interval	Total Distance	Time	Cummulative Time
Warm-up							
	300 free every 3rd lap backstroke	1	300	5:00	300	5:00	5:00
	200 every other lap kick (streamline)	1	200	3:30	200	3:30	8:30
	100 drill - primary stroke!	1	100	2:00	100	2:00	10:30
	<i>Transition</i>	1	0	1:30	0	1:30	12:00
Skill Set - focusing on your underwaters off the wall							
	6x 100 freestyle swim – swim can be ~70%, perfect technique	6	100	1:50	600	11:00	23:00
	• 1 – 1,2,3,4 dolphin kicks						
	• 2 – 2,3,4,5 dolphin kicks						
	• 3 – 3,4,5,6 dolphin kicks etc.						
	• Etc. Go until you max out, subtract one, and hold that number for every wall						
	<i>Transition</i>	1	0	1:30	0	1:30	24:30
Main Set – Pink, Red, Blue (think color of face/blood)							
	100 Free - Pink	4	100	1:35	400	6:20	30:50
	100 Free - Red (3-5 faster)	3	100	1:40	300	5:00	35:50
	100 Free - Blue (3-5 faster)	2	100	1:45	200	3:30	39:20
	50 Free - Pink	3	50	0:50	150	2:30	41:50
	50 Free - Red (1-3 faster)	2	50	0:55	100	1:50	43:40
	50 Free ALL OUT	1	50	1:00	50	1:00	44:40
	50 Stroke - Piink	3	50	1:00	150	3:00	47:40
	50 Stroke Red (1-3 faster)	2	50	0:55	100	1:50	49:30
	50 Stroke ALL OUT	1	50	0:50	50	0:50	50:20
	<i>Transition</i>	1	0	1:30	0	1:30	51:50
Cool Down							
	100 Cool Down	1	100	2:00	100	2:00	53:50
Total					2800		53:50

RVHS Swimming

6-Dec 30

Set	Description	Reps	Distance/Rep	Interval	Total Distance	Time	Cummulative Time
Warm-up							
	400 Reverse IM (swim, kick, drill, swim x 100)	1	400	7:00	400	7:00	7:00
	100 Free - 3, 4, 5, 6 dolphin kicks off walls	4	100	1:50	400	7:20	14:20
	<i>Transition</i>	1	0	1:30	0	1:30	15:50
Main Set							
	300 IM 75 of each stroke	1	300	5:30	300	5:30	21:20
	150 Free Build w/in	1	150	2:40	150	2:40	24:00
	100 Stroke	3	100	2:00	300	6:00	30:00
	100 Free Decscend 1-3	3	100	1:40	300	5:00	35:00
	50 Stroke - Good Turns!	6	50	1:00	300	6:00	41:00
	50 Free - Alt Fast/EZ, EZ/Fast	6	50	1:00	300	6:00	47:00
	<i>Transition</i>	1	0	1:30	0	1:30	48:30
Cool Down							
	200 swim/kick by 50	1	200	5:00	200	5:00	53:30
					Total	2650	53:30