

Warm up:

12 x 100 (4 sets of 3 x 100)

- 1 – 3 on 1:45
- 4- 6 on 1:40
- 7 – 9 on 1:35
- 10 - 12 on 1:30

20 x 50 Kick with Fins on :50

- 5 x dolphin kick on back
- 5 x freestyle kick on back, from flags to wall to flags underwater in streamline
- 5 x dolphin kick on back
- 5 x freestyle kick on back, from flags to wall to flags underwater in streamline

2 Rounds: (6 x 50 on :55)

3 x 50 - Fist Drill

2 x 50 Tarzan Drill (heads up, focusing on tempo)

On coaches go..

1 x 50 FAST (fast fast tempo turnover)

100 cool down

Tuesday 1-5-21

GIRLS - LANE 3/4

Warm up:

12 x 100 (4 sets of 3 x 100)

- 1 – 3 on 1:50
- 4- 6 on 1:45
- 7 – 9 on 1:40
- 10 - 12 on 1:35

20 x 50 Kick with Fins on :50

- 5 x dolphin kick on back
- 5 x freestyle kick on back, from flags to wall to flags underwater in streamline
- 5 x dolphin kick on back
- 5 x freestyle kick on back, from flags to wall to flags underwater in streamline

2 Rounds: (6 x 50 on :55)

3 x 50 - Fist Drill

2 x 50 Tarzan Drill (heads up, focusing on tempo)

On coaches go..

1 x 50 FAST (fast fast tempo turnover)

100 cool down

WARM UP:

4 X 200 DESCEND - 1 & 2 on 3:25, 3 & 4 on 3:15

Sprint Set Warm Up: *2 Rounds: (Round One Freestyle, Round 2 Choice)*

100 swim with fist

2 x 50 Tarzan Drill

1 x 50 swim perfect stroke, fast tempo

Sprint Set: *2 Rounds: (Round One Freestyle, Round 2 Choice)*

4 x 50 descend 1 -4 (think 500 pace, 200 pace, 100 pace, 50 pace) on :55

3 x 25 from a dive FAST to a turn then get out and walk around on :40

Active Recovery:

6 x 50 kick with fins, one fast, one easy

300 pull breathing every 7, 5, 3 by 100

On Your Own Option 1:

300 Warm Up

1st 100- Pause for 3 seconds each turn, strong breakout

2nd 100- fist drill

3rd 100- swim

10 x 50 Dolphin Kick in streamline on back with Fins on :45

100 Stroke on 2:00

500 Swim on 8:30

100 Stroke on 2:00

400 Swim on 7:00

100 Stroke on 2:00

300 Swim on 5:00

100 Stroke on 2:00

200 Swim on 3:30

100 Stroke on 2:00

Warm Down:

5 x 100 on 2:00

-odds swim

-evens fist drill

On your own Option 2:

Warm Up:

300 swim (every 3rd lap backstroke)

200 swim/kick by 25

6 x 50 mid pool turns on 1:00

MAIN SET:

5 x 200 at 80% effort (odds IM, evens free) on 3:45

9 x 25 3 fast, 1 easy on :40

2 x 100 Stroke on 2:00

9 x 25 3 fast, 1 easy on :40

3 x 65 from a dive all out (PERFECT FAST TURNS)

WARM DOWN:

200 kick/swim

