

Monday 1-11-21

GIRLS ALL LANES

Warm Up:

200 Swim/Kick by 50

Pull Set:

4 x 300 pull descending 1-4, breathing every 5, 7, 5 by 100 on 5:15

Kick Set:

10 x 100 kick with fins and a board on 1:25 (50 easy, 50 ALL OUT FAST)

Swim Set:

10 x 50

2 on :50

2 on :45

2 on :40

2 on :50

2 on 1:00

100 cool down

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TUESDAY 1-12-21

BOYS ALL LANES

WARM UP:

300 (50 swim, 50 kick on your back)

200 Tennessee Tumbler

100 Pull- Perfect Stroke

PRE-SET:

10 x 50 Swim

-5 on :50

-5 on :45

MAIN SET:

15 x 100- 5 Rounds of 2 Easy 1 Fast- all on 1:50

-Fast should be stroke, Easy can be freestyle

WARM DOWN:

200 Easy

Wednesday 1-13-21

GIRLS ALL LANES

WARM UP:

300 (50 swim, 50 kick on your back)

200 Tennessee Tumbler

100 Pull- Perfect Stroke

PRE-SET:

10 x 50 Swim

-4 on 55

-3 on :50

-3 on :45

MAIN SET:

15 x 100- 5 Rounds of 2 Easy 1 Fast- all on 1:50

-Fast should be stroke, Easy can be freestyle

WARM DOWN:

200 Easy