

Monday 1-18-21

BOYS

WARM UP:

6 x 100

-2 on 1:45

-2 on 1:40

-2 on 1:35

Pull Set: on 3:20

3 x 200 Pull with snorkel

Main Set: Pick a stroke per round

2 ROUNDS:

4 x 50 Kick Stroke

3 x 50 Pull Stroke

2 x 50 Swim Strong

1 x 50 Race Pace

200 cool down

=2400

Tuesday 1-19-21

GIRLS

Warm Up:

200 Choice

8 x 150 with snorkel on 2:45

-50 kick in 11 position

-50 swim (add your arms to a steady kick)

-50 strong kick, strong arms, fast tempo

10 x 50 on :55/1:05

-odds- freestyle

-events- swim stroke, negative split

12 x 25

- Two rounds of 6 25's either working on turns or breakouts depending on pool placement

200 cool down

Wednesday 1-20-21

Boys

Warm Up:

200 Choice

8 x 150 with snorkel on 2:40

-50 kick in 11 position

-50 swim (add your arms to a steady kick)

-50 strong kick, strong arms, fast tempo

10 x 50 on :55/1:05

-odds- freestyle

-events- swim stroke, negative split

12 x 25

- Two rounds of 6 25's either working on turns or breakouts depending on pool placement

200 cool down