

Distance #1

warm up	300 swim	
set 1	6x50 @ :10R	25 K under H2O, 25Dr
main set	2{ 300Free @ :20R	80% effort
	6x50 Free @ :15R }	500 pace
	2x { 300 free @ :20R	80% effort
	4x50 Free @ :10R }	200 pace
set 2	8x50 K @ 1:00	#1-4=red zone, #5-8=FAST
warm down	100 ez	

Distance #2

warm up	300 swim	
set 1	4x125 choice @ :10R	50 K/50 Dr/25 Build
main set	200 S w/ paddles @ : 20R	hyp 3/5 x50
	400 S w/ paddles @ : 15R	each 100 gets faster
	600 S w/ paddles @ : 10R	neg split
	4x200 S @ :10R	#1-2= descend, #3-4= FAST
set 2	12x25 no free @ :30	odd=K, even=Dr
warm down	4x50 @ :15R	25 under H2O, 25 ez

Distance #3

warm up	200 swim	
set 1	6x100 @ :10R	50Kick/50Drill
		odd= free; even = no free
main set	400 free @ :10R	every 4th 25 = fast
	4x100 free descend @ :10R	
	300 Free @ :10R	every 4th 25 = no free
	3x100 #1 stroke descend @ :15R	
	200 free @ :10R	every 4th 25 = worst stroke
	2x100 IM @ :10R	red zone
	100 free DPS @ :10R	
	100 free FAST	
set 2	4x50 @ :15R	25 under H2O; 25 drill
	4x50 swim, ascend @ :15R	choice
warm down	200 loosen	

Distance #4

warm up	300 S	
	6x50 @ :10R	descend 1-3, hold 4-6
set 1	4x225 @ :15R	hyp 5/3/5 x75
	2x200 broken @:30R	100 build :05R 50 FAST : 05R 50 FAST
	4x125 @ :15R	hyp 5/7 x25
	2x100 FAST @ :30R	
set 2	6x75 @ :10R	10 K under h20 off each wall
warm down	4x50 @:05R	25 under h20/ez
	100 ez	

Distance #5

warm up	300 S	
set 1	6x50 @ 1:00	25 under H2O/scull
main set	500 P @ :30R	hyp 3/4/5/4/3x100
	2x250 descend @ :20R	
	5x100 pace @ :10R	hold same time on all 5
	10x50 @ :10R	3x{ 1@ 500 pace, 1@200 pace, 1 DPS}
		last 1= FAST
	100 ez	
set 2	4x75 no free @ 1:30	25 K/Dr/scull
set 3	2x100 K @ :15 R	25 rotate
warm down	100 ez	