

Sprint #1

warm up	300 S,K,IM, P	
set 1	3x200 race pace	
	broken @ 100 for :10sec	
	broken @ 150 for :05 sec	
set 2	20x25 @ :35 (five rounds)	#1=12.5 under H2O, fast kicks
		#2=perfect
		#3= 12.5 ez, 12.5 sprint
		#4= 12.5 sprint, 12.5 ez
set 3	3x100 kick, red zone : 15R	
	4x50 sprint 1:30 - min. breaths	
warm down	200 ez	

Sprint #2

warm up	400 S, 300 P, 200 K, 100 IM	
set 1	2x {3x75} @ 1:30	choice
	#1= drill	ea set of 3 = same stroke
	#2= build	
	#3= FAST	
set 2	1x400 IM K @ :20R	
	8x25 K @ :35	12.5 fast/ez
set 3	400 IM drill @ :20R	
	8x25 S @ :30	2 ea stroke
warm down	300 S	every 3rd 25=double arm back

Sprint #3

warm up	300 S	
set 1	3x100 RIMO drill @ :15R	
set 2	4x200 no free @ :20R	50 K/100 Dr/50 Bu
main set	1x50 DPS	all @ :50
	1x50 FAST, no free	
	1x50 DPS	
	2x50 FAST, free	
	1x50 DPS	
	3x50 FAST, no free	
	1x50 DPS	
	3x50 FAST, free	
	1x50 DPS	
	2x50 FAST, no free	
	1x50 DPS	
	1x50 FAST, free	
	100 ez	
set 3	8x75 IM rotate @ 1:15	
warm down	200 ez	

Sprint #4

wu: 200 swim

set 1: 2x (4x75) @ :15R

set 1= fr; set 2= no fr

odd= drill, even = kick

set 2: 4x (:15 fast wall kick + 25 sprint + 75
build)

test set: 5x100 free @ 3:00, all off block, for
time

wd: 6x50 25 under/25 scull

Sprint #5

wu: 200 swim

drill: **4x (4x25 12 K under water**

+ 4x50 k/dr

+ 4x50 dr/perfect

+ 4x25 perfect)

odd rd = fr, even rd = no fr

sprint: **everyone: 3x50 blocks, FAST**

wd = 300 ez