

SAMPLE WORKOUTS

Tuesday, 24 October 2006

Warm-up: 200 Free
100 Back
100 Breast

5 x 50's free 25 Thumblines / 25 whole on 1:00 or 1:05 or 1:20

4 x 100's Free on 2:00 or 2:10 or 2:20
25 Right arm only/ 25 Left arm only/ 25 Catch-up/ 25 Whole

12 x 25's Breaststroke on coach's start
Push off underwater and encourage Long underwater pull & kick
4 Three kicks and one pull
4 Two kicks and one pull
4 Whole stroke

6 x 50's Breast/Free on 1:00 or 1:10 or 1:30

4 x 200's Free Breath every 3 strokes on the 3:40 or 4:00 or 4:20

12 x 25's Fly drill on :35
3 Right arm fly
3 Left arm fly
3 (2 right arm, 2 left arm, 2 whole stroke)
3 Whole stroke fly

4 x 100's IM on 1:50 or 2:00 or 2:15

6 x 75's Free on 1:20 or 1:30 or 1:40 Breath every 3 / 5 / 3

6 x 50's breast on 1:10

8 x 25's on :35 Odds – Whole stroke Fly
Evens – Free

4 x 100's free on 1:45 OR 2:00 OR 2:15 OR 2:30

4 x 50's fly/free on 1:15 with a start

12 x 25's on :35 Odds – 3 breather free
Evens – Choice

Monday, 30 October 2006

Warm-up: 200 Free
100 Back
100 Breast

8 x 50's free/back on :55 or 1:00 or 1:05 or 1:10
Work on Flip turn – underwater dolphin kick past the flags

8 x 100's Free on 1:40 or 1:50 or 2:00 or 2:10 Breath every 5/3/5/3

12 x 25's Free on :30 or :35 (**Work on streamline off each push off**)
4 Catch-up Stroke - Streamline – 3 dolphin kicks then Six Kicks
4 Thumblines and Catch-up Stroke
4 Whole stroke

8 x 50's Back/Breast on 1:00 or 1:10 or 1:20
Work on legal turns – lean into the turn

8 x 50's Fly/Free with a start in 2 heats on the 1:30

12 x 25's Backstroke on :30 with a start – Work on 3-4 dolphin kicks
Split the lanes in 1/2

8 x 75's Free on 1:30 Try to break :50 or :55 or 1:00 or 1:05 or 1:10

6 x 25's Fly on :40 – Work on underwater dolphin kick

8 x 25's on :35 Odds – Whole stroke Fly
Evens – Free

8 x 50's free on 1:30 Odds – Sprint
Evens - EZ

12 x 25's on :35 Odds – 3 breather free
Evens – Choice

Tuesday, 7 Nov 2006

Warm-up: 200 Free Breath every 3 strokes – 100 Back – 100 Breast
4 x 50's Breast/Free on :55 or 1:00 or 1:05
4 x 25's Free - Build on :30

Do not rest between sets

4 x 150's Free on 2:10 or 2:15 or 2:25 or 2:40

24 x 25's: 6x[1-½ way underwater streamline kick–½ way Free on :30
1 - SPRINT Free on :30
1 - Stroke Drill Choice on :30
1 - SPRINT Choice on :30]

6 x 75's Fly/Back/Breast on 1:20 or 1:30 or 1:40

12 x 50's Odds Fly/Back on :55 or 1:00 or 1:05
Evens Back/Breast on :55 or 1:00 or 1:05

8 x 25's Stroke on :35 Odds-First 12 ½ yards **SPRINT**
Evens-Second 12 ½ yards **SPRINT**

8 x 75's Free on 1:15 or 1:20 or 1:25 **Odds–build Evens–FAST!!!!**

8 x 25's Fly Kick on :35 **Dolphin kick 10 yds underwater –
TIGHT Streamline**

6 x 75's Breast on 1:25 or 1:30 **RACE**

6 x 50's Free on :40 or :45 or :50 or :55

4 x 50's Free FAST on 1:30 **DON'T BE SCARED TO RACE!**

12 x 25's **Hammer Down** on :25 Odds: Stroke (No free)
Evens: Free

Thursday, 9 Nov 2006

Warm-up: 200 Free – 100 Back – 100 Breast
6 x 50's Free on :50 or :55 or 1:00
8 x 25's Build IM order on :35

Work on IM Turns

5 x 150's IM with no free – 50 fly , 50 back , 50 breast
on 2:30 or 2:40 or 2:50
Work on LEGAL turns!!!!!!!!!!!!!!!!!!!!!!!!!!!!

50 EZ

Work on Flip Turns

5 x 150's Free
Broken: 75 on 1:15 or 1:20 or 1:30
50 on :50 or :55 or 1:00
25 on :35 (Work on handspeed!)

16 x 50's Free 2 x [4 on :45 or :50 or :55
4 on :40 or :45 or :50]

2 x [4 x 75's Back on 1:20 or 1:30 or 1:40 ***with a start***
4 x 50's Breast on :55 or 1:00 or 1:05

50 EZ on 1:15]

8 x 50's Fly/Free on :55

Work on Starts

8 x 25's Hammer Down on :35 Odds: Stroke (No free)
Evens: Free

Monday, 20 November 2006

Warm-up 200 Free, 100 Back, 100 Breast
6 x 50s free/back on :55 or 1:00 or 1:05
8 x 25s IM order on :30
8 x 25s Free build – sprint last 8 yards on :30

10 x 100 Free for time FAST (two heats)

20 x 25s Kick Odds - Free Evens – Stroke on :35

32 x 50s 8 Free on :45 or :50 or :55 or 1:10
8 Free on :40 or :45 or :50 or :55
8 Stroke/Free on :50 or :55 or 1:00 or 1:05
8 Stroke/Free on :45 or :50 or :55 or 1:00

20 x 25's on :30 odds free (2 breathe max)
evens stroke

Friday, 22 December 2006

Warm-up 200 Free – 100 Back – 100 Breast
5 x 50s Free - 25 Skates/25 Thumbline :55 or 1:00 or 1:05
5 x 50s Free/Back on :55 or 1:00 or 1:05
8 x 25s on :30 Build IM order

1100

6 x 200s Free on 2:30 or 2:40 or 2:50 or 3:00 or 3:20

8 x 150's Free 75 Free on 1:10 or 1:15 (Count your strokes each 25 – Long)
50 Free on :50 or :55 Breathe every 5 – increase tempo
25 Sprint Free on :40 – great handspeed!

3500

6 x 50's Back Kick on 1:05 (6 kicks on each side – take a stroke to switch)

3800

8 x 100's Free Broken by 50's on 1:45
1st 50 – Long and strong – work on underwater pull
Rest 10 seconds after 1st 50
2nd 50 – push and drop 50 time by at least 2 seconds

4600

12 x 25's on :35 Odds – Choice Evens – Free (Max. of 2 Breathes)

4900

8 x 12.5's with a Start (No breathers!)

5000

200 Swim Down

5200

Wednesday, 27 December 2006

Warm-up 200 Free – 100 Back – 100 Breast
6 x 50s Free - 25 Kick/25 Swim on :55 or 1:00
4 x 50s Drill Fly on 1:00 or 1:05 or 1:10
8 x 25s on :30 Build IM order

1100 4 x 300s Free or IM on 4:00 or 4:20 or 4:30 or 4:45 (IM) or 5:00
4 x 25s Back Kick on :35

2400 6 x 200s Free or IM on 2:30 or 2:45 or 3:00 (IM) or 3:15
4 x 25s Dolphin Kick on :35

3700 6 x 75s Choice on 1:30
4 x 25s Free Kick on :35

4250 4 x 100s Free on 1:20 or 1:25 or 1:30 or 1:40
50 EZ
4 x 100's Free on 1:15 or 1:20 or 1:25 or 1:30
50 EZ

5150 12 x 50s Free 3 on :45 or :50
3 on :50 or :55
3 on :55 or 1:00
3 on 1:00 or 1:05

5750 8 x 12.5's with a Start (No breathers!)

5850 150 Swim Down

6000

Wednesday, 17 Jan 2007

Warm-up: 200 Free – 100 Back – 100 Breast
4 x 50s Free on :50 or :55 or 1:00
4 x 100s IM Rest 13 seconds between IM's
4 x 25s Choice on :35 **Tight streamline kick off wall at least 8 yards!**

Distance Freestylers: 6 x 400's Free on 6:15 – Lane 6

Everyone Else:

8 x 75s Free 50 Long and smooth REST 10 seconds 25 SPRINT on 1:30

6 x 25s drill Stroke on :35

12 x 50s Back or Breast on 1:00

6 x 25s drill Stroke on :35

Broken 200 Free or IM by 50s on 1:00

2 x 25s EZ on :35

8 x 25s Blast (Sprint the first 15 yards)

6 x 50s Kick on 1:10 Odds – Choice Evens - Free

4 x 75s Breast or Back or Fly/Free/Fly on 1:30

4 x 25s Drill Choice on :35

4 x 50s Back/Free Descend 1-4 on 1:15

4 x 25s Kick Choice on :35

6 x 25s Free on :35 Try to break :20 seconds

12 x 25's on :30 Odds: Choice
 Evens: Free

Work Streamline!!

Tuesday, 16 Jan 2007

Warm-up: 200 Free – 100 Back – 100 Breast
5 x 50s Free/Back on :55 or 1:00 or 1:05
8 x 25s IM order build on :35 **Tight streamline kick off wall!**

5 x 200s Free or IM on 2:45 or 3:00 or 3:15 or 3:30

4 x 25s Kick Choice on :35

10 x 50s Free on 1:10 Try to hold 2 seconds under desired 500 Free pace

4 x 25s Drill Choice on :35

4 x 100s Stroke on 2:00

4 x 25s Drill Choice on :35

8 x 50s Free or IM on 1:20 Try to hold 2 seconds under desired 200 pace

4 x 25s Drill Choice on :35

4 x 50s Stroke on 1:10

2 x 25s EZ on :40

16 x 25s on :35 Odds: Choice – Work on Hand Speed
 Evens: Free – 3 Breathes Max

12 x 25s with starts

Turns

Starts – Relay Starts

Wednesday, 31 Jan 2007

Warm-up: 200 Free – 100 Back – 100 Breast
4 x 50s Drill/Swim on :50
4 x 50s Kick/swim on :55
6 x 25s ½ way underwater streamline kick on :30
6 x 25s build on :30 Choice

4 x 250s Free on 3:20 or 3:40

12 x 50s Free 6 on :50
6 on 1:20

100 Drill

3 x 100s Choice on 2:10 (Break at the 50 – rest 10 sec)

4 x 25s EZ kick on :40

50 EZ

6 x 75s Choice on 1:30 (Rest 10 sec at the 50 – push 25)

75 EZ

6 x 50s Choice
Descend 1 to 3 and 4 to 6 on 1:20 (Build 1st 25, push 2nd 25)

50 EZ

10 x 25s on :40 Odds – choice
Evens – Free – work on handspeed

3 x 25s Choice – Sprint 1st half, EZ 2nd half

Starts – Turns

Swim Down

Monday, 5 Feb 2007

Warm-up: 200 Free – 100 Back – 100 Breast
4 x 50's Drill/Swim on :50
4 x 50's Kick/swim on :55
6 x 25's ½ way underwater streamline kick on :30
8 x 25's build on :30 Choice

6 x 100s Free on 1:30
Zach – 8 x 100s Free on 1:40 (Try to hold 1:04)
David – IM on 1:40

50 EZ

3 x 75s Descend 1-3 on 1:45
1st & 4th - 70% Effort
2nd & 5th - 80% Effort
3rd & 6th - 90% Effort

4 x 25's EZ kick on :40

12 x 25s 6 – Max 2 breathes free on :35
6 – Stroke or Max 1 breathe free on :40

50 EZ

6 x 50s Descend 1-3 on 1:20
1st & 4th - 70% Effort
2nd & 5th - 80% Effort
3rd & 6th - 90% Effort

50 EZ

6 x 25s Descend 1-3 and 4-6 on :45
1st & 4th - 70% Effort
2nd & 5th - 80% Effort
3rd & 6th - 90% Effort

50 EZ

3 x 25s Choice - Build on :40

3 x 25's Choice – Sprint

Swim Down

STARTS!

Work at least 10 Turns!

Friday, 9 Feb 2007

Warm-up: 200 Free – 100 Back – 100 Breast
4 x 50's Drill/Swim on :50
4 x 50's Kick/swim on :55
4 x 25's ½ way underwater streamline kick on :30
4 x 25's build on :30 Choice

600 Choice/Free – Concentrate on good technique

6 x 50s Descend 1-3 & 4-6 on 1:30
1st & 4th - 70% Effort
2nd & 5th – 80% Effort
3rd & 6th – 90% Effort

100 EZ

4 x 25s Descend on :45
1st - 70% Effort
2nd – 80% Effort
3rd – 90% Effort
4th – 95% Effort

50 EZ

Work at least 6 Turns!

5 x 12.5's Choice – Sprint with a start

Relay Starts

Swim Down