

Monday, November 11:

Warmup (1000 yards)

2x100 free easy @2:00
4x75 kick/drill/swim @1:30
6x50 choice moderate @1:00
8x25 v-sprints @0:40

Pre-Main (600 yards)

2 rounds:
2x100 kick moderate @2:15
4x25 kick FAST @0:45

Main Set (1300 yards)

4x50 choice stroke @1:00
8x100 best average @2:00
6x50 breath control @1:00

Warm Down (200 yards)

200 choice easy

Wednesday, November 13:

Warmup (400 yards)

2x100 free easy

4x50 kick easy

Main Set (2000 yards)

8x25 choice long underwater @0:35/0:45

6x50 odds drill, evens stroke @ 0:50/1:00

4x75 free DPS @1:05/1:20

2x100 stroke/IM fast @1:45/2:00

— 2:00 rest —

2x100 free DPS @1:45/2:00

4x75 stroke/IM fast @1:05/1:20

6x50 breath control @1:00/1:15

8x25 kick fast @0:40/0:50

Pick one of the following:

2 rounds (sprint option, 800 yards):

4x25 UWDK @1:00

4x50 choice sprint all out @2:30

2x50 breath control @1:15

or...

2 rounds (mid distance, 1200 yards):

2 rounds:

4x50 choice 200 pace @1:15

2x200 at 85% race pace effort @4:00

Warm Down (yards)

200 warm down easy