

Sunday, November 17:

Warmup (1000 yards)

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

WDT SWEATER WATER POLO CHAMPIONSHIP!!!
or...

Main Set (1600 yards)

2 rounds:
4x50 free GOLF @1:00
4x50 kick @1:00
8x25 kick FAST @0:45
8x25 odds underwater, evens sprint @1:00

Warm Down (400 yards)

4x50 social kick
200 choice easy

Monday, November 18:

*DPS: hold same # strokes each 25, Breath Control: 1-2 breaths per 25

Warmup (400 yards)

8x50 swim 1-4, kick 5-8

Main Set (2200 yards)

8x25 IM order @0:40

4x50 free DPS @1:00

3x100 stroke/IM @2:00

2x200 focus on fast turns @3:00/3:30

— 2:00 rest —

2x200 at 85% effort @3:00/3:30

3x100 free DPS @2:00

4x50 breath control @1:15

8x25 choice FAST @0:45

Kick Set (400 yards)

16x25 kick: odds all out, evens easy @0:45/1:00

Warm Down (400 yards)

4x100 choice easy

Wednesday, November 20:

Warmup (800 yards)

4x100 free easy @1:45

4x50 kick easy @1:00

8x25 stroke moderate @0:40

Main Set (1100 yards)

Choose either free or stroke/IM for the whole set

8x25 hold 6+ UWDK @0:45

6x50 FAST @1:30

4x75 build each 25 @1:30

2x100 negative split @2:00

4x25 kick all out sprint @1:00

Pick one of the following:

2 rounds (sprint option, 1000 yards):

4x50 choice drill @1:00

4x50 breath control @1:15

4x25 all out sprint @1:00

or...

2 rounds (mid distance, 1200 yards):

4x50 choice 200 pace @1:15

2x200 negative split each 100 @3:00 / 3:30

Warm Down (200 yards)

200 warm down easy

Work on starts / Relay Exchanges (if time)

Thursday, November 21:

Warmup (1000 yards)

200 SKIPS (swim, kick, IM, pull, swim)

Main Set (2000 yards)

2 rounds:

2x100 free moderate @2:00

4x50 at 200 pace @1:30

8x25 1-4 fast, 5-8 long UWDK @0:45

2x100 choice descend each 25 @2:00

1x200 choice easy

5 min underwater rock+paper+scissors

Work on starts + turns + relay exchanges with people in your lane

Warm Down (200 yards)

4x50 easy swim