

Sunday, December 1:

Warmup (1000 yards)

4x50 free @1:00

6x50 kick @1:00

8x25 stroke @0:40

3x100 IM easy @2:00

Water Polo

or...

*GOLF = lowest possible (time + # of strokes)

Main Set (2000 yards)

2 rounds:

4x100 choice (#1 sprint first 25y, #2 sprint second 25) @2:00

8x25 kick fast @0:35/0:45

4x50 GOLF @1:00

4x50 at 90% max effort @1:00

Warm Down (200 yards)

4x50 choice easy

Monday, December 2:

Warmup (1000 yards)

4x100 choice @2:00

4x75 kick @1:30

12x25 stroke @0:45

Main Set (1200 yards)

4x50 choice drill @1:00

8x75 IM order (2 free, 2 fly, ...) @1:30

2x100 free FAST first 50 @1:45/2:00

2x100 free negative split @1:45/2:00

Main Set (1000 yards)

2 rounds:

2x100 free DPS @1:30/1:45

4x50 breath control (1-2 breaths per 25) @1:15

4x25 all out sprint @1:00

Warm Down (200 yards)

200 choice easy

Wednesday, December 4:

Warmup (1000 yards)

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

Main Set (1600 yards)

2 rounds:

2x75 kick/drill/swim by 25 @1:30

4x50 IM order, fast turns @1:00

10x25 odds no breather, evens long underwater @0:45

4x50 free DPS @1:00

Main Set (800 yards)

4x50 choice drill @1:00

6x100 choice best average @2:00

Warm Down (200 yards)

4x50 choice easy

Thursday, December 5:

Warmup (1000 yards)

3x200 free @2:45/3:15
4x100 IM moderate @1:45/2:00

*tombstone kick = vertical board

Kick Set (600 yards)

8x25 tombstone kick @0:45
4x50 kick @1:00
2x100 kick @2:00

Main Set (yards)

8x50 free

Warm Down (200 yards)

4x50 free easy