

Sunday, February 2:

Warmup (1000 yards)

1x400 easy free
1x200 choice stroke
8x50 1-4 IM order, 5-8 kick @1:00

Water Polo or...

Technique Set (800 yards)

2 rounds:
4x50 choice drill @1:00
8x25 desc. 1-4, 5-8 @0:45

Main Set (1000 yards)

3x100 choice DPS @2:00
4x50 choice at 200 pace @1:15/1:30
— 2:00 rest —
1x200 choice at 85% max effort @2:30
6x50 choice DPS @1:00

Warm Down (200 yards)

200 choice easy

Monday, February 3:

Warmup (1000 yards)

400 easy free
200 choice kick
4x50 choice drill @1:00
8x25 choice fast @0:45

Kick Set (800 yards)

2x100 kick easy @2:00/2:20
4x50 kick build @1:00/1:10
2x100 kick easy @2:00/2:10
8x25 kick all out @1:30

Main Set (1000 yards)

2 rounds: (1st round free, 2nd round stroke)
1x100 fast turns @1:45/2:00
2x75 middle 25 FAST @1:15/1:30
3x50 DPS @0:50/1:00
4x25 all out sprint @0:50/1:15

Warm Down (200 yards)

200 choice easy

Wednesday, February 5:

Warmup (700 yards)

2x200 free easy
4x75 stroke easy @1:30

Pre-Main Set (1200 yards)

2 rounds:
2x100 kick, negative split @2:00
4x50 breath control @1:00/1:15
8x25 stroke, long UWDK @0:45

Main Set (1150 yards)

4x100 choice best average @2:00/2:30
200 choice easy
6x50 choice, at 90% max effort @1:30
4x50 choice easy
1x50 all out sprint for time

Warm Down (200 yards)

200 easy free

Thursday, February 6:

Warmup (800 yards)

4x100 free easy @2:00

4x50 kick easy @1:15

8x25 choice moderate @0:45

*feel free to do kick set first

Main Set (1300 yards)

2 rounds:

2x125 choice DPS @2:00/2:15

4x50 choice drill @1:00

8x25 1-4 no breather @1:15, 5-8 all out OTB

Kick Set (500 yards)

4x50 kick @1:30

2x100 kick @2:15

4x25 kick fast @1:00

15 minutes practice relay exchanges and/or turns