

Sunday, September 22:

Warmup (1000 yards)

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

10x50 free @1:00

GAMES (Water polo or Relays)

Monday, September 23:

Warmup (1200 yards)

8x50 free @1:00

4x50 kick @1:10

4x50 choice drill @1:15

16x25 stroke @0:45

Main Set (1400 yards)

2 rounds:

4x50 IM order @1:00

4x75 IM, drop worst stroke @1:15

4x50 worst stroke @1:15

Warm Down (200 yards)

200 choice easy

Wednesday, September 25:

*DPS: hold same # strokes per 25

Warmup (400 yards)

4x50 choice @1:00

4x50 kick @1:10

Main Set (2000 yards)

8x25 stroke @0:40

6x50 free DPS @1:00

4x75 choice @1:30

2x100 FAST @2:00

—2:00 rest—

2x100 FAST @2:00

4x75 choice @1:30

6x50 free DPS @1:00

8x25 stroke @0:40

Warm Down (400 yards)

4x50 breath control

200 choice easy

Thursday, September 26:

Warmup (1200 yards)

4x100 easy free @1:45

8x50 kick @1:10

8x25 choice moderate @1:00

8x25 breath control @1:00

Main Set (800 yards)

2 rounds:

4x25 underwater @1:00

8x25 choice ALL OUT off the blocks

100 easy swim

Warm Down (400 yards)

4x100 choice easy