

Sunday, September 29:

Red vs. Black Intrasquad meet

Monday, September 30:

Warmup (1000 yards)

100 SKIPS (swim, kick, IM, pull, swim)
4x50 choice drill @1:00
4x50 swim moderate @1:00
4x25 descend to sprint @0:40

Main Set (1500 yards)

*DPS: same # stroke per 25, *Breath control: 1-2 breaths per 25
16x25 IM order (4 fly, 4 back, etc.) @0:40
4x75 free fast turns @1:20
8x50 free DPS @1:00
4x50 breath control @1:15
2x100 middle 50 FAST @1:45

Warm Down (400 yards)

4x50 choice drill @1:00
200 choice easy

Wednesday, October 2:

Warmup (800 yards)

4x50 choice @1:00

4x50 social kick

8x50 free @1:00

Main Set (1500 yards)

2x75 free DPS @1:30

2x100 free fast turns @2:00

2x75 free DPS @1:30

4x50 IM @1:00

1x100 stroke @1:45

8x25 stroke @0:40

2x100 choice swim @2:00

6x50 choice DPS @1:00

Warm Down (yards)

4x50 kick @1:00

8x25 kick fast @0:45

200 choice easy

Thursday, October 3:

Warmup (600 yards)

4x50 swim @1:00

2x100 choice @1:45

4x50 kick @1:00

Main Set (1800 yards)

2 rounds:

4x50 free hold 6+ UWDK @1:10

4x50 breath control @1:15

4x50 free 200 pace @1:30

8x25 ALL OUT in your lanes @1:00

100 free easy

—2:00 rest—

Warm Down (400 yards)

4x50 choice drill

200 easy swim