

Sunday, October 6:

Warmup + Water Polo

or...

Warmup (1000 yards)

2x100 free easy @2:00

4x75 kick/drill/swim @1:30

6x50 choice moderate @1:00

8x25 v-sprints @0:40

*GOLF = add # strokes + total time

Main Set (1600 yards)

2 rounds:

4x50 free GOLF @1:00

4x50 kick @1:00

8x25 kick FAST

8x25 odds underwater evens sprint @1:00

Warm Down (400 yards)

4x50 social kick

200 choice easy

Monday, October 7:

Warmup (800 yards)

200 choice swim

4x50 kick @1:00

8x50 odds drill evens swim @1:00

Main Set (2000 yards)

2 rounds:

8x25 stroke easy @0:45

6x50 kick @1:00

4x75 free DPS @1:30

2x100 fast turns @2:00

— 2:00 rest —

Warm Down (200 yards)

200 choice swim

Wednesday, October 9:

Warmup (1000 yards)

2x100 free easy @2:00
4x75 kick/drill/swim @1:30
6x50 drill/swim by 25 @1:00
8x25 v-sprints @0:40

Main Set (1600 yards)

2 rounds:

4x50 IM order @1:00
8x25 odds underwater evens fast @1:00
4x50 kick moderate @1:00
8x25 stroke @0:40

Warm Down (400 yards)

4x50 social kick
200 choice easy

Thursday, October 10:

Warmup (900 yards)

100 SKIPS (swim, kick, IM, pull, swim)
4x50 free @1:00
4x50 social kick

Main Set (1300 yards)

8x25 IM order @0:40
4x50 drill choice @1:00
2x75 free DPS @1:20
1x100 first 50 fast
— 2:00 rest —
1x100 second 50 fast
2x75 free DPS
4x50 drill choice @1:00
8x25 choice @0:40

8x25's mid pool, working on turns
8x25 off the blocks

Warm Down (400 yards)

4x50 social kick
200 choice easy