

Sunday, October 13:

Warmup (800 yards)

2x100 free @2:00

4x50 kick @1:00

4x50 IM order @1:00

8x25 stroke @0:40

Water Polo!!! or...

*UWDK: underwater dolphin kicks, DPS: same # strokes per 25

Main Set (1600 yards)

2 rounds:

4x50 choice DPS @1:00

4x50 kick fast @1:10

2x100 free middle 50 fast @2:00

8x25 stroke hold 6+ UWDK @0:40

Warm Down (400 yards)

4x50 social kick

200 choice easy

Monday, October 14:

Warmup (1000 yards)

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

Pre-Main Set (600 yards)

2 rounds:

2x100 kick moderate @2:15

4x25 kick FAST @0:45

Main Set (1000 yards)

8x50 IM order @1:00

2x100 free DPS @2:00

4x50 stroke 200 pace @1:20

8x25 hold 6+ UWDK @0:40

Warm Down (200 yards)

200 choice easy

Wednesday, October 16:

Warmup (1000 yards)

2x200 easy free @3:00

3x100 kick @2:00

4x50 choice drill @1:00

1x100 stroke

Main Set (2000 yards)

2 rounds:

4x50 stroke moderate @1:00

2x100 kick @2:00

4x50 choice, 200 pace @1:30

4x100 free DPS @1:45

— 2:00 rest —

Warm Down (200 yards)

4x50 social kick

200 choice easy

Thursday, October 17:

Warmup (1000 yards)

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

Main Set (~1875 yards)

8x25 kick all out @1:00

2x100 free easy @2:00

4x25 UWDK @1:00

2x100 drill/swim @2:00

8x50 choice 200 pace @1:45

8x25 breath control @0:45

4x100 all out @4:00

1x175 free easy

Choose 1 race off the blocks in your lanes

Warm Down (400 yards)

8x50 easy swim