

Sunday, October 20:

Warmup (800 yards)

2x100 free @2:00

4x50 kick @1:00

8x25 choice moderate @0:40

8x25 kick @0:45

Water Polo / Relays!!! or...

Main Set (1800 yards)

2x200 free moderate @3:30

4x75 free DPS @1:30

4x50 choice drill @1:10

— 2:00 rest —

8x25 odds underwater, evens fast @1:00

4x75 stroke, fast turns @1:30

2x200 choice moderate @3:30

Warm Down (400 yards)

2x200 choice easy

Monday, October 21:

Warmup (600 yards)

1x200 choice swim @1:00

4x50 kick @1:00

8x25 stroke @0:45

Main Set (2400 yards)

8x50 free DPS @1:00

4x100 stroke or IM @2:00

2x200 kick @3:30

— 1:00 rest —

2x200 choice @3:30

4x100 free DPS @2:00

8x50 stroke or IM @1:00

Warm Down (200 yards)

4x50 easy swim

Wednesday, October 23:

Warmup (1000 yards)

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

4x75 free @1:30

4x50 kick easy @1:00

Pre-Main / Drill Set (1000 yards)

2 rounds:

4x50 choice drill @1:15

8x25 odd underwater, evens fast @0:45

2x50 choice FAST turn @1:15

Main Set (600 yards)

6x100 best average @3:00

Warm Down (400 yards)

8x50 easy @1:15

Thursday, October 24:

Warmup (1000 yards)

1x200 free
6x50 social kick
2x100 choice @2:00
12x25 IM order @0:45

Main Set (1800 yards)

2 rounds:
4x50 kick moderate @1:00
4x25 kick all out @0:45
— 1:00 rest —
4x100 free DPS @2:00
4x50 choice 200 pace @1:30

8x25 all out off the blocks

Warm Down (400 yards)

4x50 kick easy
200 choice easy