

Sunday, March 2:

Warmup (1000 yards)

1x300 free easy
1x200 stroke/IM
6x50 choice drill @1:00/1:15
8x25 choice desc. 1-4, 5-8 @0:45

Kick Set (600 yards)

2 rounds:
2x100 kick JMI @2:00
4x25 kick FAST @0:45/1:00

Pre-Race (400 yards)

4x50 choice drill @1:00/1:15
4x50 breath control (1-2 breaths per 25) @1:15

TIME TO RACE!!! (~800 yards)

Choose 3 events to race all out, off the blocks! The point of this set is to get as close as you can to racing in a meet, so warm down and take a good amount of rest in between races.

EVENT 1

200 easy shakeout
5-10 min rest

EVENT 2

200 easy shakeout
5-10 min rest

EVENT 3

200 easy shakeout
5-10 min rest

Monday, March 3:

Warmup (1000 yards)

1x300 choice

2x200 pull

1x200 kick

4x25 IM order FAST @0:45

Aerobic Set (800 yards)

*focus on holding stroke count and technique throughout entire set

4x125 focus on FAST turns + breakout @1:45/2:00

3x100 lowest possible DPS @1:30/1:45

Main Set (1200 yards)

2 rounds: (pick same stroke for entire round)

4x50 choice drill (spin, one arm, etc.) @1:00/1:15

4x50 at 85% max effort @1:30/1:45

8x25 at 90% max effort @0:50/1:00

Warm Down (200 yards)

4x50 choice warm down

Wednesday, March 5:

Warmup (1000 yards)

2x150 choice easy
4x75 kick/drill/swim by 25 @1:20/1:30
4x50 social kick
8x25 kick fast @0:45

Main Set (800 yards)

4x50 choice drill @1:00/1:15
6x100 best average (90-95% max effort) @1:45/2:00

Option 1: Technique/Fast (1000 yards)

2 rounds:
4x50 breath control @1:00/1:15
4x25 spin drill @1:00
2x50 all out max effort @2:00/3:00
2x50 at 100 race pace @1:00/1:15

Option 2: Mid Distance (1000 yards)

2 rounds: (round 1 front half FAST, round 2 negative split)
1x200 @2:45/3:00
1x100 @1:20/1:30

1x400 choice/IM FAST

Warm Down (200 yards)

4x50 choice warm down

Thursday, March 6:

Warmup (1000 yards)

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

Pre-Main Set (1200 yards)

2 rounds (round 1 stroke, round 2 choice):

4x50 kick JMI @1:00

2x100 build to fast @1:45/2:00

4x50 at 200 pace @1:30/2:00

Main Set (600 yards)

4x50 choice drill @1:00/1:15

8x25 odds no breather, evens UWDK @1:00

8x25 all out sprint ?

15:00 practice starts, turns, relay exchanges

Warm Down (200 yards)

4x50 choice warm down