

Sunday, November 3:

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, November 4:

Warmup (1100 yards)

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

8x50 1-4 drill, 5-8 choice @1:00

8x25 descend to sprint @0:40

Main Set (1600 yards)

*DPS: same # stroke per 25, *Breath control: 1-2 breaths per 25

16x25 IM/stroke @0:40

4x50 breath control @1:15

4x75 free fast turns @1:20

— 2:00 rest —

8x50 choice 200 pace @1:00

2x100 free DPS @1:45

4x25 all out @1:30

Warm Down (400 yards)

4x50 social kick @1:00

200 choice easy

Wednesday, November 6:

Warmup (1000 yards)

3x200 free @2:30 / 3:00

4x100 choice @1:30 / 2:00

Kick Set (800 yards)

2 rounds: (can do 2nd round swim)

4x50 kick @1:00 / 1:15

4x25 UWDK fast @1:00

2x50 kick 95% effort @1:15 / 1:30

Main Set (1450 yards)

8x25 stroke easy @0:40

4x100 free @1:30 / 1:45

6x75 choice @1:10 / 1:25

8x50 stroke @0:50 / 1:00

Warm Down (400 yards)

4x50 choice easy

Thursday, November 7:

Warmup (800 yards)

4x100 free @1:45/2:00

4x50 kick @1:00/1:15

8x25 stroke @0:35/0:45

Main Set (2000 yards)

*tombstone: hold board vertical, GOLF: lowest total of (# strokes + time)

2 rounds:

4x50 GOLF @1:30

4x50 tombstone kick @1:15

8x25 stroke fast @0:45

4x50 breath control (1-2 breaths per 25) @1:30

4x50 OR 8x25 all out OTB

Warm Down (400 yards)

4x100 choice swim