Sunday 9/13: kick/pull

3,100 yards

300 free
300 social kick
4x50s IM (kick/swim)
4x50s IM (drill/swim)

Meet for water polo @7:55 OR

2 rounds
4x100 @ 1:40 (pick a time to hold, 60% effort)
6x75 @ 1:30 (pull with snorkel)
4x50 @ 1:00 (kick on back)

Cool down

Monday 9/21: IM

2,050 yards

600: 100 free, 100 IM kick, 100 free, 100 IM drill, 100 free, 100 IM swim (30 second break between 100s)

12 x 25 @:45
1: UDW
2: Fast breakout
3: Fast finish
4: EZ

6 x 75 @1:30
O: Fly-back-br
E: Back-br-free

12 x 50, 3 of each stroke @1:00
1: Perfect technique
2: FAST
3: EZ

100 IM sprint for time
Cool down

Wednesday 9/23: sprint/distance

2,150-2,800 yards

300 free, every 4th 25 stroke
200 kick on back/social kick

12 x 25s free drill (DPS, catch up, one arm, fingertip drag) @:45

Sprint: need a kickboard & fins!

3-4 rounds
8 x 25 @ :40
100 pace
1 x 100 kick all out with fins @ 2:00
1 x 50 FAST with fins, goal: faster than 2nd 50 of 100 pace
100 easy

Distance: need a buoy!

2 rounds
1 x 300 (3-5-7 breathing by 25) @5:00
4 x 100 pull desc time @1:50
6 x 50 500 or 200 free pace @1:00

Cool down

Thursday 9/24: challenge set

2,700 yards

300 free
200 kick on back

8 x 25 drill, stroke you plan to do during main set @:40

Michael Phelps 50s : (everyone start together at 8:50)

16 x 50 every 4th sprint @ :55
12 x 50 every 3rd sprint @ 1:00
8 x 50 every other sprint @ 1:05
4 x 50 sprint @ 1:15

*sprint part is stroke of your choice, the rest is DPS free

Cool down

Recovery set:

4 x 150 smooth pull with snorkel @2:45

12x 50 @1:00
5, 4, 3, 2 breaths

16 x 25 least # of strokes @:40
4 x 50 with same stroke number as 25s @1:00