Sunday 10/11: kick/pull (meet recovery)

2,800 yards

300 free
200 kick on back
200 backstroke
300 social kick

Meet for water polo @8:50 OR…

2 rounds
4x25 free drill @:40
12x25 least # of strokes on :40
4x50 kick on back @1:10
6x50 pull with snorkel & paddles @1:40

Cool down: 100 scull

Monday 10/12: IM

2,600 yards

300 free
300 social kick
200 pull

12 x 25s UDW, 3 fast to 15m, 1 EZ @:45

2 rounds
4 x 50 IMO swim 75% effort @1:00
1 x 100 IM drill @2:00
8 x 25 IMO swim 90% effort @:45
1 x 100 IM drill @2:00
1 x 100 IM 100% effort (with a dive if you want)
1 x 100 EZ

Cool down

Wednesday 10/14: freestyle

2,450-2,850 yards

300 swim
300 social kick
200 IM drill/swim

10x25 mid pool @:40

Billy's Sprint Set :)
2 rounds
8 x 25: 4 single arm pull with board, 4 single arm pull without board @:45
8 x 50 drill: 4 long dog, 4 catchup @1:10
4 x 50 descend to 200 pace @1:10
16 x 25 V-sprint @ :40, max effort 25s

Mid-Distance Set
16 x 25: 4 single arm pull with board, 4 single arm pull without board @:45
8 x 50 drill: 4 long dog, 4 catchup @1:10
8 x 50 descend to 200 pace @1:00
8 x 75 best average @1:30

Cool down

Thursday 10/16: challenge set

2,800 yards

300 free
200 social kick
6 x 50 kick/drill

Beat the clock!!! ~40 minute set (2x100 free @ 2:01)

- Pick a goal time (ex. 1:00)
- Add 20 seconds to that time and that is your starting time (ex. 1:20)
- In this example, start on the :40
- Must finish the 100 before the next top
- Start the next 100 on the :41
- Keep starting 1 second later each time
- When you miss the top, take one 100 break
- Put on fins and keep going until you miss again, trying to reach your goal time!

Recovery set: (breath control)
2 rounds
3x100 10 breaths max @1:50
6x50 (5, 4, 3 breaths by 50 x2) @1:00
12x25 (O: no breath, E: 1 breath) @:40
4x25 UDW @:45