

*** You don't have to be perfect.**

Do your best to get in the water in the morning!

Waiting for a late day work out is not recommended

"Things come up - easy to avoid the work out or find other vacation activities

Work out #1

YARDS intervals (if meters add :10 per 100 distance)

...if the intervals are too fast, subtract a length (25 yards) from the distances below

1. 800 alternate 100 free, 100 no free. k-25/dr-25/sw-50

2. 1x200@3:00 pink(h. rate 130-40 bpm) +3x25@ :30-:35-"40 k-drill-swim (1) of each.
2x150@2:15 pink +6x25@30-35-40 k-drill-swim (2) of each.

3x100@1:30 pink +9x25@30-35-40 k-drill-swim (3) of each.

Swim is fast

Main Set. (a. or b.)

3. a. 30x50 @55 Free every 3rd faster (Red pace 150-160 heart rate)

b. 24x50 – @60 Stroke group 3rd 50 at 200 pace (as above)

4. 200 easy

5. 20x25 Descend by groups of five
1-10 free
11-20 specialty

1-10@25

11-15@30

16-20@35

300 easy. 100 k/00 drill/100 sw.

5. 8x100@1:45 first 25 opening speed of 100 pace

100 recovery

appr 4900 yards or meters

#2 work out

I.M./Dist.

1) 900 3rd 100 i.m. kick, 6th 100 i.m. dr., last 100 i.m. swim

2) 4x one round. of each stk.

2x75@1:20 k-dr-sw. by 25

4x25@30 build

2x50@55 dr-sw by 25

4x25@30 1-2 2cycles fast, 3-4 fast @:35

3) Main Set

20x50@50 1-8, 4&8 200 (or) 500 pace

9-14, 11&14 pace
15-18, 16&18 pace
19-20 pace

- 4) 200 ez catch-up free - swim by 25's
5) 12x75 (o)@1:20 50 mod./25 fast, (e)@1:30 25 mod./50 fast
6) 3x100@1:30 ez (5100 yds or meters)

#3 work out

1. Warm-up

Sw. 200 fr. k. w-bd., 200 i.m. /sw., 200 free / drill. – 200 i.m. .8

2. Two times through the following

2x 50 @:55 non fr.

1x 50 @:45 free

2x 50 non non.-free by 25s @:50

1 x 50 free. @ :40 or :45

Kick 12 x 25 :30 (First round kick) odd's steady/even's -build,

2nd round swim (odd's) DPS with streamlines kick-outs plus 2 BC off walls

even's 2 cycles

fast

1.2/2.0

Note: Option 125's with 1x100 at the end of the 150's

4 x200 (or 175 or 150) descend @ 3:00 (Group II 175's/Gr. III 150's & or alt. 150's w/ 125's)

1 x 100 kick @ 2:00 fast turns

5x 150 descend (or 125's) @ 2:15 (Gr. II 125-150-125 etc. Gr. III perhaps just 125's)

2x 75 k # 1 @1:30 / #2 faster @1:35

6 x 100 odds i.m. on 1:40 /even 1:30 (Steady i.m. /des. 2-4-6 free)

4x 50 kick 2 @:60 - 1 @:65 – #4 fast @1:10

7x 50 odd's free des. @:45 or :50 / even's fly-bk., bk.-bst., bs.-fr. @:50 or :55

6x 25 Kick (2x thru.) 1 ez @:30 / 2 fast

@:35

3050/ 5050

