



WEDNESDAY 7/30

					TOTAL METERS			
LANE 1	LANE 2	LANE 3	LANE 4		LANE 1	LANE 2	LANE 3	LANE 4
				WARM-UP:				
1 X	1 X	1 X	1 X	200 Swim	200	200	200	200
1 X	1 X	1 X	1 X	200 Kick choice	400	400	400	400
4 X	4 X	8 X	8 X	50 Choice (suggest IM order) - get the feel for the length of the pool with each stroke	600	600	800	800
				MAIN SET:				
4 X on 1:10	4 X on 1 min	4 X on :55	4 X on :50	50 Freestyle	800	800	1000	1000
1 X	1 X	1 X	1 X	200 PULL, breathe 3/5/3/5 by 50	1000	1000	1200	1200
4 X	4 X	4 X	4 X	50 Choice, rest = 10 seconds	1200	1200	1400	1400
0.5 X	0.5 X	1 X	1 X	100 EASY	1250	1250	1500	1500
2 X on 2:05	2 X on 2 min	4 X on 1:55	4 X on 1:50	100 Freestyle	1450	1450	1900	1900
1 X	1 X	1 X	1 X	200 PULL, breathe 3/5/3/5 by 50	1650	1650	2100	2100
2 X	2 X	4 X	4 X	100 Choice, rest = 20 - 30 seconds	1850	1850	2500	2500
0.5 X	0.5 X	1 X	1 X	100 EASY	1900	1900	2600	2600
1 X	1 X	2 X	2 X	200: 50 free / 50 stroke / 50 free / 50 stroke, rest = 30 sec - 1 min.	2100	2100	3000	3000
				COOL- DOWN:				
1 X	1 X	1 X	1 X	200 EASY	2300	2300	3200	3200

					TOTAL METERS			
LANE 1	LANE 2	LANE 3	LANE 4		LANE 1	LANE 2	LANE 3	LANE 4
				WARM-UP:				
1 X	1 X	1 X	1 X	300 Swim	300	300	300	300
1 X	1 X	1 X	1 X	200 Kick Choice	500	500	500	500
1 X	1 X	1 X	1 X	100 IM	600	600	600	600
1 X	1 X	1 X	1 X	200 PULL	800	800	800	800
				MAIN SET:				
2 X on 2:10	2 X on 2 min	3 X on 1:55	3 X on 1:50	100 Free	1000	1000	1100	1100
2 X on 2:05	2 X on 1:55	3 X on 1:50	3 X on 1:45	100 Free	1200	1200	1400	1400
1 X	1 X	1 X	1 X	100 EASY	1300	1300	1500	1500
2 X	2 X	4 X	4 X	150: 50 free / 50 stroke / 50 free; 30 sec. rest	1600	1600	2100	2100
1 X	1 X	1 X	1 X	100 EASY	1700	1700	2200	2200
1 X	2 X	3 X	3 X	200: 50 moderate / 100 fast / 50 moderate	1900	2100	2800	2800
1 X	1 X	1 X	1 X	100 EASY	2000	2200	2900	2900
<p>If starting blocks are available, 3 lanes should practice starts and turns. Start from the blocks and swim strokes you will swim in competition to the wall, and do a fast, appropriate turn. Then get out at the far end of the pool and walk back to the blocks. One lane can be used for swimmers who wish to practice distance freestyle.</p> <p>If starting blocks are NOT available, continue with the workout...</p>								
				25 Choice: build to sprint by middle of pool, and sprint into wall. Be sure if you are swimming breast stroke or butterfly that you touch the wall with TWO HANDS.	2200	2400	3200	3200
8 X	8 X	12 X	12 X					
1 X	1 X	1 X	1 X	200 PULL, breathe 3/5/3/5 by 50	2400	2600	3400	3400
				COOL-DOWN:				
1 X	1 X	1 X	1 X	200 Choice	2600	2800	3600	3600