

Week Ten
Day 1

Skills: Speeding up the pace times this week, working on a variety of skills in one practice

Goals: Complete the entire set with few modifications, HR 130-140

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:30	Warm-up (1100)	5*100 Free on 2:15, 2:10, 2:05, 2:00, 1:55 8*25 Backstroke on 40 4*50 Pull Free on 55 2*100 Choice Kick on 2:30
7:30-7:46	Set 1 (800)	4*200 (100 kick, 100 swim) On 4:00, emphasis on fast kicking
7:46-8:13	Set 2 (1200)	6*100 Pull on 2:00 Free 4*100 IM Drill on 2:30 2*100 IM swim on 2:30
8:13-8:21	Set 3 (400)	2*200 Free swim on 4:00 * second one faster than the first by 20 seconds
8:21-8:23	Cool Down (100)	100 Easy swimming
8:23-8:30		** Add good swimming stretches
	Total	3600

Week Ten
Day 2

Skills: Incorporate other activities into swimming, HR work

Goals: Understand the types of other activities you can include in swim workouts, attain a HR of 130-140

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:35	Warm-up (1100)	10*50 Free on 1:15 *Run the first half of the first 25 along the pool bottom and swim the rest of the 50 3* 100 Kick on 2:30 100 IM Drill on 2:30
7:35-7:55	Set 1 (500)	20*25 Free, Back, 30 seconds vertical kicking in deep end, 20 seconds rest in shallow end
7:55-8:20	Set 2 (1200)	4* (100 Kick, 100 Pull, 100 Swim) on 6:00 * HR on 140
8:20-8:26	Set 3 (300)	3*100 Pull/Swim Free on 2:00
8:26-8:30	Cool Down (100)	
		** Add good swimming stretches
	Total	3200