

Week Eleven
Day 1

Skills: Controlling swim speed between easy/moderate and fast swimming, review of last week incorporating activities into swimming

Goals: HR 150+ main set, maintain good pace and stroke control

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:27	Warm-up (1000)	-200 OYO on 4:00 -4*50 walk first half of first 25, swim rest of the 50 on 1:15 -6*100 (1 kick, 1 swim) on 2:30/2:00
7:27-7:55	Set 1 (1600)	8*200 Free (rotate 50 fast, 100 fast, 150 fast, 200 fast- at 85-90% of max effort) on 3:30
7:55-8:05	Set 2 (500)	6*75 Pull on 1:30 50 easy on 1:00
8:05-8:20	Set 3 (500)	5*100 Kick Choice on 3:00 * first 50 hold board facing water for extra resistance- should be much harder, 2 nd 50 hold board properly
8:20-8:28	Cool Down (400)	100 Scull 100 Kick 100 Pull 100 swim easy
8:28-8:30		** Add good swimming stretches
	Total	4000

Week Eleven
Day 2

Skills: Learn the difference in practicing a longer warm-down, variety of skills

Goals: Focus on good strokes and completing entire workout

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:25	Warm-up (1000)	20*50 on 1:00 -5 Pull -5 Swim -5 Kick -5 Stroke Drill/Swim
7:25-7:50	Set 1 (1200)	4*100 (50 Free/50 Back) on 2:00 200 IM Drill on 4:00 4*100 (50 Free/50 Breast) on 2:15 200 IM Swim on 4:00
7:50-8:06	Set 2 (800)	4*200 (100 Kick, 100 Pull) on 4:00 - Do one round of each stroke for the kick, pull is all freestyle
8:06-8:14	Set 3 (200)	8*25 Scull/Head Up Free on 1:00
8:14-8:26	Cool Down (600)	8*75 Free - 4 Pull - 2 Kick - 2 Swim On 1:30
8:26-8:30		** Add good swimming stretches
	Total	3800