

Week Twelve
Day 1

Skills: Stroke technique, distance and endurance work, HR 140

Goals: Focus is on Set 1, make pace times, work on strokes and endurance throughout remainder of practice, HR 130-150

Time: 1.5 hrs

Equipment needed: kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:25	Warm-up (1000)	12*75 (50 Free swim, 25 stroke Drill- IM order-4 times through) on 1:30 100 Free Drill on 2:00
7:25-7:43	Set 1 (900)	4*225 (100 swim, 100 pull, 25 scull) on 4:30 * first 100 AFAP (as fast as possible), remainder is active recovery
7:43-8:00	Set 2 (1000)	10*100 Free Descending Pace Times per 2*100's (2:10, 2:00, 1:50, 1:40, 1:30)
8:00-8:12	Set 3 (300)	6*50 (25 Scull, 30 Seconds Vertical Kick, 25 Breast Stroke) on 2:00
8:12-8:24	Cool Down (600)	50 Kick 50 Drill 50 Swim On 3:00 - 4 rounds of choice stroke
8:24-8:30		** Add good swimming stretches
	Total	3800

Week Twelve
Day 2

Skills: Variety of Skills, working on stroke best non freestyle to encourage swimming in various strokes more often

Goals: Become more comfortable swimming in other strokes, you may choose to have IM as your best non-free and include freestyle for the portion needed

Time: 1.5 hrs

Equipment needed: kick boards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:25	Warm-up (1000)	4*150 (50 kick, 50 drill, 50 swim) on 3:00 8*50 Free Pull (4 on 1:00, 4 on 55)
7:25-7:43	Set 1 (800)	5*50 Free descended 1 to 5 (at least 2 second drop per 50) on 1:00 150 Flutter Kick on 3:00 *Do the above set twice through
7:43-8:02	Set 2 (1000)	800 SKPS (200 each) Any Stroke On 14:00 2*100 at 95% effort Stroke Best Non-Free on 2:30
8:02-8:15	Set 3 (500)	8*25 Kick on 40 (2 of each stroke) 3*100 Free Pull on 2:00
8:15-8:27	Cool Down (500)	4*50 Scull/Swim on 1:30 300 Easy Choice
8:27-8:30 or longer		** Add good swimming stretches
	Total	3800