

Week Thirteen  
Day 1

**Skills:** pace work, stroke count work, good stroke technique, IM work

**Goals:** Increase HR at start of set then maintain good endurance throughout remainder of practice, HR goal 150+ for set 1

**Time:** 1.5 hrs

**Equipment needed:** kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:20	Warm-up (700)	200 OYO on 3:45 5*100 (50 Kick/50 Swim) on 2:15
7:20-7:45	Set 1 (1150)	6*75 Pull Free on 1:30 4*175 (50 easy, 25 fast, 50 easy, 50 fast) on 4:00 - fast at 90-95%, alternate fast portion free with stroke- 1 free, 1 stroke
7:45-8:01	Set 2 (700)	10*50 Free on 1:00 Stroke Count Work, Take 2 less strokes than you usually do per length 8*25 Free Drill on 45
8:01-8:19	Set 3 (800)	3*200 IM on 3:45 (one drill, one swim, one kick) <ul style="list-style-type: none"> <li>do not worry about making pace on the kick, just finish and wait for everyone to catch up to start next set ☺</li> </ul> 4*50 Breaststroke on 1:15 *Work on good kicking
8:19-8:25	Cool Down (250)	250 Easy * Add 3 lengths of scull within the 250 wherever you would like
8:25-8:30		** Add good swimming stretches
	Total	3600

Week Thirteen  
Day 2

**Skills:** Long and Strong Warm up, Sprinting focus tonight

**Goals:** Emphasis of this practice will be on achieving top speed during the as fast as possible 25's in set 3

**Time:** 1.5 hrs

**Equipment needed:** kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:26	Warm-up (1000)	200 OYO Swim on 3:30 200 OYO Drill on 3:30 200 OYO Kick 5:00  4*100 Free on 2:15 Descended 1-4
7:26-7:38	Set 1 (600)	2*50 Drill on 1:15 25 Easy on 45 25 Build on 45 Do one round of each stroke!
7:38-7:52	Set 2 (600)	8*25 Kick on 45 (1 easy, 1 fast) 200 Pull Easy on 4:00 200 Swim with Stroke on 4:00 Count of 2 strokes less per length
7:52-8:16	Set 3 (800)	One Lane for 25 as fast as possible, one lane for Easy swimming 25 As Fast As Possible 75 Easy - 8 times through on approx. 3:00 per round
8:16-8:24	Cool Down (400)	400 SKPS on 8:00 - you may choose to add more easy swimming if you wish
8:24-8:30		** Add good swimming stretches
	Total	3400