

Week Fourteen  
Day 1

**Skills:** Endurance, Working on Building from a steady pace and holding the pace, sprint work in Set 2 going as fast as possible, Easy stroke correction in warm-down

**Goals:** maintain pace time in reverse pyramid, go AFAP in Set 2

**Time:** 1.5 hrs

**Equipment needed:** kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:22	Warm-up (900)	4*75 Free/Drill/Free by 25 on 1:15 200 IM Drill on 4:00 4*100 Free with last 25 scull on 1:50
7:22-7:42	Set 1 (1200)	Reverse Pyramid 300, 200, 100,100, 200, 300 * Feel Free to mix in pull if you would like *Pick a pace per 100 and stay with it throughout (ex. 1:30/100 = 4:30/300)
7:42-8:10	Set 2 (1100)	200 Easy OYO 2*25 As Fast As Possible (AFAP) on 1:00 200 Easy OYO 4*25 AFAP on 1:00 200 Easy OYO 6*25 AFAP on 1:00 200 Easy * you may choose to do some of the AFAP kicking, mix up the strokes if you would like
8:10-8:20	Set 3 (500)	100 Kick Choice on 2:00 3*50 Back on 1:00 100 Kick Choice on 2:00 3*50 Back on 1:00
8:20-8:27	Cool Down (400)	400 Easy OYO
		** Add good swimming stretches
	Total	4100

Week Fourteen  
Day 2

**Skills:** Strong and Steady swimming, heavy emphasis on kicking, mix of different strokes and speeds

**Goals:** Choose a challenging pace for Set 1 and make the set, focus on the 50 AFAP kick in Set 2- be sure it is FAST!

**Time:** 1.5 hrs

**Equipment needed:** kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:25	Warm-up (1000)	400 Free (Alternate, 50 Drill, 50 swim) on 8:00 8*75 Kick for 4, Pull for 4 - Kick on 1:40, Pull on 1:20
7:25-7:45	Set 1 (1200)	3* (3*100, 100 EZ OYO) - the 3 100's are to be done on a challenging pace time (ex. 1:30, the easy on 2:00)
7:45-8:13	Set 2 (1200)	200 Easy on 4:00 6*50 Kick on 1:15 1*50 Kick AFAP on 2:00 50 Easy - The above set is done twice through
8:13-8:19	Set 3 (200)	4*50 (25 scull, 25 swim) on 1:30
8:19-8:26	Cool Down (300)	100 Kick on 2:15 100 Swim/Pull on 1:45 4*25 Easy Swimming with stroke count of minus 2 on 45 seconds
8:26-8:30		** Add good swimming stretches
	Total	3900