

Week Two
Day 1

Skills: Various drills for specific stroke improvement (using stroke counts, pace times, etc), Mini-Sets for each stroke

Goals: improve stroke technique and generate understanding of ways to measure success and improvement (pace times, stroke count, stroke count and time per 50), mix up the stroke work and enjoy the process

Time: 1.5 hrs

Equipment needed: kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run	
7:05-7:30	Warm-up (750)	6*100 Fr with 6 different drills (progression drills) on 2:00 4*25 Fr perfect stroke on 45 50 scull
7:30-8:00	Reverse IM mini-sets (1350)	2*25 Br drill on 50 50 Br on 1:00 50 Br Kick on 1:00 300 Super-swim (100 free, 50 Br, 50 Fr, 100 Br) on 6:00 * do the same set for bk and fly
8:00- 8:10	Drill Swim Sets (400)	2*200 IM 75 Dr/ 25 swim on 4:00
8:10- 8:28	Streamline Sets (500)	8*25 Fr with streamline focus on 45 6*25 Bk with streamline focus on 45 4*25 Br with pullout/streamline on 45 2*25 Fly with dolphin kick on 45
8:28-8:30	Cool Down (100)	100 Choice easy, encourage kicking and remember to not forget stroke technique
	Total	3100

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Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run	
7:05-7:30	Warm-up (1000)	4*(25 fly,50 bk ,75 br,100 fr) D,K,D,S each round on 6:00
7:30-7:50	Set 1 (1000)	5*200 Fr on 4:00 drop 5 seconds per 200
7:50-8:00	Set 2 (400)	400 IM kick descending on 8:00
8:00- 8:15	Set 3 (450)	6*75 S,Sk.S Breaststroke on 2:00
8:15-8:25	Set 4 (500)	500 Fr Pull working on stroke perfection on 10:00
8:25-8:30	Cool Down (150)	150 Choice easy, encourage kicking and remember to not forget stroke technique
	Total	3500