

Week Three
Day 1

Skills: Choice of freestyle/ IM heart rate sets, test sets

Goals: Generate swimming knowledge as a mode of fitness, how to develop workouts using heart rate targets, distances used for testing fitness

Time: 1.5 hrs

Equipment needed: kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run, Cheater 6 second heart rate test introduction	
7:05-7:25	Warm-up (1000)	4*100 Free Check HR after each to get familiar on 1:45 4*50 Free Descending 1-4 on pace 1:00 4*100 IM Drill on 2:00
7:25-7:45	Set 1 (1000)	6*150 HR always at or above 150 on 2:30 100 flush
7:45-7:55	Set 2 (200)	8*25 Fly Drills with 10 wall push ups at every other wall on 50
7:55- 8:10	Set 3 (800)	Choice of 2*400 Fr or 4*200 Fr Moderate pace with 20 seconds rest
8:10-8:25	Set 4 (500)	5*50 Choice Kick on 1:15 10*25 Choice Drill on 45
8:25-8:27	Cool Down (100)	100 Choice easy, encourage kicking and remember to not forget stroke technique
		** Add good swimming stretches
	Total	3600

Week Three
Day 2

Skills: Choice of freestyle/ IM heart rate sets, test sets

Goals: Generate swimming knowledge as a mode of fitness, how to develop workouts using heart rate targets, distances used for testing fitness

Time: 1.5 hrs

Equipment needed: kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run, Cheater 6 second heart rate test re-run	
7:05-7:30	Warm-up (1000)	500 OYO S/D on 10:00 200 OYO K on 5:00 12*25 descended 1-4 Fr on 45
7:30-7:45	Set 1 (400)	8* 50 swim backs, 25 fast, 25 easy
7:45-8:10	Set 2 test set (1000)	20*50 pace on 1:15, check HR (150 goal)
8:10- 8:15	Flush (300)	300 choice easy
8:15-8:23	Set 3 (300)	6*50 flutter kick on 1:15
8:23-8:27	Cool Down (200)	200 Choice easy, encourage kicking and remember to not forget stroke technique
		** Add good swimming stretches
	Total	3200