

Week Four
Day 1

Skills: Sprint week, kick work

Goals: Understand the benefits of sprint training and how interval training is effective, know that kicking is the fastest way to improve fitness level in the pool

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 (1000)	100 Fr on 2:00 4*25 Fr KDKS on 45 <ul style="list-style-type: none"> • 4 times the above set 4*50 Fr build on 1:15
7:30-7:50	Set 1 (800)	2*25 Fly on 1:00 150 easy on 3:00 *1 round of each stroke
7:50-8:05	Set 2 (750)	15*50 breakouts, turns, finishes on 1:00
8:05- 8:10	Flush (250)	250 choice easy
8:10-8:28	Set 3 (600)	6*100 kick (rotating, 25,50,75,100,75,50,25) at strong pace, on 3:00
8:28-8:30	Cool Down (100)	100 Choice easy, encourage kicking and remember to not forget stroke technique
		** Add good swimming stretches
	Total	3500

Week Four
Day 2

Skills: Sprint week, kick work

Goals: Understand the benefits of sprint training and how interval training is effective, know that kicking is the fastest way to improve fitness level in the pool

Time: 1.5 hrs

Equipment needed: kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run	
7:05-7:25	Warm-up (800)	4*200 (100 k, 100s) reverse IM order on 5:00
7:25-7:35	Set 1 (400)	8*25 backstroke breakouts 200 Dolphin Kick (back/front) on 1:00
7:35-8:07	Set 2 (1000)	5*100 descended 1-5 on 3:00 5*50 e/f on 1:30 5*25 fast on 1:30 Sprint Set 125 easy
8:07- 8:23	Set 3 (600)	8*75 Fly/Bk/Br Kick on 2:00
8:23-8:27	Set 4 (100)	4*25 Flutter Kick Fast on 1:00
8:28-8:30	Cool Down (100)	100 Choice easy, encourage kicking and remember to not forget stroke technique
		** Add good swimming stretches
	Total	3000