

Week Five
Day 1

Skills: Swimming tips for success, all stroke drills, distance sets

Goals: Work on endurance training and building swimming stamina, swimming is transferrable to other activities out of the pool as well

Time: 1.5 hrs

Equipment needed: kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run	
7:05-7:35	Warm-up (1000)	200 OYO on 5:00 8*25 Fr Drills on 45 8*25 Br Drills on 45 8*25 Bk Drills on 45 8*25 Fly Drills on 45
7:35-7:55	Set 1 IM set (800)	3*200 IM on 4:00 8*25 Kick IM on 1:00
7:55-8:10	Set 2 (800)	800 Fr negative split On 15:00
8:10-8:28	Set 3 (1000)	3*100 Bk on 2:00 5*50 Bk on 1:00 300 Fr on 3:45 150 Fly Drills 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	3700

Week Five
Day 2

Skills: Swimming tips for success, all stroke drills, distance sets

Goals: Work on endurance training and building swimming stamina, swimming is transferrable to other activities out of the pool as well

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 1:45 75 Fr drills on 1:30 50 Fr K on 1:15 25 Fr build on 1:00 * one for each stroke
7:30-7:42	Set 1 (600)	3* (100Bk/100 Br) KDS on 4:00
7:42-7:57	Set 2 (500)	10*50 DS on 1:30
7:57-8:20	Set 3 (900)	3*3*100 descended 1-3 IM on 2:30
8:20-8:30	Cool Down (400)	400 SKPS
		** Add good swimming stretches
	Total	3400