

Week Six
Day 1

Skills: Timed 200 Free (optional), IM/Kick Set

Goals: Work on endurance training and building swimming stamina, focus on understanding the different competitive elements of swimming, hopefully improve on 200 freestyle timed swim

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)	200 IM drill on 4:00 200 Fr Drill on 3:30 4*50 Kick Choice on 1:15 12*25 Breakouts/Finishes on 50 100 scull
7:30-7:50	Set 1 Prep set (700)	100 Build on 2:00 4*25 Kick Descend on 50 50 Breakout/Turn/Finish Emphasis on 1:30 * do above set twice through 200 OYO prepare
7:50-8:00	Test Set: Set 2 (200)	Heats of 4 per lane, if opt out, 200 choice at a good pace
8:00-8:25	Set 3 (1200)	3*400 (ez, d/s, k/s) on 8:00
8:25-8:30	Cool Down (300)	300 kick
		** Add good swimming stretches
	Total	3400

Week Six
Day 2

Skills: Timed 200 Free (optional), IM/Kick Set

Goals: Work on endurance training and building swimming stamina, focus on understanding the different competitive elements of swimming, hopefully improve on 200 freestyle timed swim

Time: 1.5 hrs

Equipment needed: kickboards

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro/ Re-run Day	
7:05-7:35	Warm-up (1000)	8*25 IM Drill Reverse on 1:00 8*25 IM Kick Reverse on 1:00 200 IM swim on 4:00 400 Fr Stroke Count Work on 8:00
7:35-7:50	Set 1 (500)	9*50 Breakout, turns, finish on 1:30 50 ez on 1:30
7:50-8:10	Set 2 (1000)	5*200 Fr Distance Work on 4:00
8:10-8:26	Set 3 (600)	2*300 Kick (75 of each stroke) on 8:00
8:26-8:30	Cool Down (200)	200 Easy swimming
		** Add good swimming stretches
	Total	3300