

Week Seven
Day 1

Skills: Make pace times, it is okay to change the pace times to suit your abilities or fit the day better but set it so that you make all the pace times in each set, work on endurance

Goals: remember to take Heart rates at or around 150 BPM during sets 1 and 2, make pace times

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Intro to Workout	
7:05-7:28	Warm-up (1000)	4 * (100 FR on 2:00, 4*25 Kick on 45) 200 Free Pull
7:28-7:40	Set 1 (500)	9*50 on 1:15 with emphasis on: - turns: be sure to mix up the strokes! 50 Easy
7:40-8:00	Set 2 (1000)	6*150 (100 FR, 50 Best Non-Free- AKA BNF) on 3:00 100 Scull
8:00-8:15	Set 3 (600)	400 IM Drill on 10:00 200 IM Kick on 5:00
8:15-8:20	Cool Down (200)	200 Easy
		** Add good swimming stretches
	Total	3300

Week Seven
Day 2

Skills: Challenging Pace times to follow, kicking endurance

Goals: make pace times, workout intended to work the legs

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:35	Warm-up (1000)	5*50 Free on 1:10 200 Flutter Kick on 6:00 150 Pull Free on 3:00 * Do two rounds, second round choice stroke, preferably not freestyle
7:35-8:00	Set 1 (1000)	200 Free at 4:00 50 Kick at 1:15 150 Free at 3:00 100 Kick at 2:30 100 Free at 2:00 150 Kick at 3:45 50 Free at 1:00 200 Kick at 5:00 *switcheroo set; freestyle at 1:00 per 50, kick at 1:15 per 50
8:00-8:15	Set 2 (600)	4*50 Breaststroke on 1:15 4*50 Backstroke on 1:15 100 IM Drill on 2:30 100 IM Swim on 2:30
8:15-8:23	Set 3 (400)	4*100 Free Pull on 2:00
8:23-8:30	Cool Down (200)	200 Easy swimming
		** Add good swimming stretches
	Total	3200