

Week Eight  
Day 1

**Skills:** Freestyle Endurance

**Goals:** Work on endurance training and building swimming stamina

**Time:** 1.5 hrs

**Equipment needed:** kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:32	Warm-up (1000)	8*25 Free Pull on 45 200 Flutter Kick on 5:00 8*25 Free Drill on 45 200 Flutter Kick on 5:00 4*50 (One Breakout, One turn, One finish, One easy) on 1:15
7:32-8:00	Set 1 (1200)	2*400 Freestyle Negative Split (back 200 needs to be slightly faster than the first 200) on 8:00 8*50 Free (25 fast, 25 easy) on 1:30
8:00-8:22	Set 2 (1000)	8*125 (100FR, 25 back) on 2:45
8:22-8:30	Cool Down (300)	200 Easy swimming/pulling 100 scull
		** Add good swimming stretches
	Total	3500

Week Eight  
Day 2

**Skills:** IM stroke work, great stroke combination for boosting the heart rate, work on strokes through drilling

**Goals:** improve stroke technique, work on endurance, remember to monitor heart rates

**Time:** 1.5 hrs

**Equipment needed:** kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Introduction	
7:05-7:15	Warm-up (500)	100 Free on 2:00 100 Pull Free on 2:00 4*75 Kick, Drill, Swim on 1:30
7:15-7:37	Set 1 (800)	4*25 Fly Drill on 45 100 IM swim/ Drill on 2:30 4*25 Back Drill on 45 100 IM swim/Drill on 2:30 4*25 Breast Drill on 45 100 IM swim/Drill on 2:30 4*25 Free Drill on 45 100 IM swim/Drill on 2:30
7:37-8:07	Set 2 (1200)	200 IM Kick on 5:00 4*50 IM Drill, Swim by 25 on 1:15 200 Pull Free Easy * Do set above twice through
8:07-	Set 3 (500)	50 FR on 1:00 50 Back on 1:00 75 Pull FR/BK on 3:00 25 Scull on 1:00  3*100 FR on 2:00 Pace Work
8:26-8:30	Cool Down (200)	200 Easy
		** Add good swimming stretches
	Total	3200