

Week Nine
Day 1

Skills: Pull with good arm pull technique, continual work on endurance, freestyle stroke work

Goals: Work on good pull technique and transfer the pull work into the 10*100 freestyle set to work on maintaining good strokes

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Introduction	
7:05-7:28	Warm-up (1000)	200 FR Pull on 4:00 100 FR Swim on 2:00 * do above twice through 4*75 Backstroke on 2:00 4*25 Kick on 45
7:28-7:52	Set 1 (1100)	3*100 (First 50 fast, Second 50 Fast, Last 50 Drill by 100) on 2:20 4*50 KDKS on 1:00 2*25 on 30 *do the above set twice through
7:52-8:12	Set 2 (1000)	10*100 FR on 2:00 descended 1 to 5
8:12-8:15	Set 3 (100)	100 easy back on 2:00
8:15-8:20	Cool Down (200)	200 Easy or more if you would like to add some extra easy swimming
		** Add good swimming stretches
	Total	3400

Week Nine
Day 2

Skills: Good flip-turns and technique in warm-up as it will be needed for the big main set, transfer drill work into set

Goals: Make pace times on Challenge set, HR 150 during main set (Set 1)

Time: 1.5 hrs

Equipment needed: kickboards, pull buoys

Itinerary

Time	Task	Set
7:00-7:05	Set- Intro	
7:05-7:30	Warm-up (1200)	4*75 Free Pull on 1:20 100 Flutter Kick on 2:30 4*75 Free/Stroke/Free on 1:30 100 Stroke Kick on 2:30 8*50 Drill Swim on 1:00 Free
7:30-8:00	Set 1 (1500)	5 * (3*100) on Descending Pace times per round * 2:00, 1:55, 1:50, 1:45, 1:40 - Challenge yourself to a pace time, drop 5 seconds each round to the pace and the last round should be a big challenge- you may not make this pace and that is okay! - take 20-30 seconds rest between each round, you may choose to add pull on the slower rounds
8:00-8:08	Set 2 (300)	100 scull 200 choice kick
8:08-8:18	Set 3 (450)	3* (25 scull, 25 swim, 100 pull)
8:18-8:22	Cool Down (200)	- 200 easy swimming choice stroke/pull/kick
8:22-8:30		** Add good swimming stretches
	Total	3650