

Tuesday, February 24, 2015  
coach Jack - "Checking in on"

Don't watch the clock; do what it does. Keep going. Sam Levenson  
Expect problems and eat them for breakfast. Alfred A. Montapert

Warm-up

300 what ever

100 kick - hard enough to get heart rate up...

- when 2nd person finishes - stop everyone else and begin

8x50 build into wall - HARD off the wall (underwater kicks - lots of them) - pop the surface and chill rest of way

G1/2 on :55 G3/4 on 1:10

Sprint/IM

total 3300

200 Drill

6x50 or 8x50 or 10x50 hard down - easy back on 1:00 - just to fill time until next set.

4 x 5 minutes - (starts on the Clock being on a multiple of 5 (5,10,15,etc) as follows:

100 - all out (IM'ers consider doing 100 of each stroke OR 4x100IM) - but within your control

NO SLOP IN YOUR TECHNIQUE (there will be a horrific penalty imposed)

150 - at 60% effort (and NOT more than that!)

100 - build to 85% every other 25 (might be a only a 50 - make sure you get 30s rest)

rest of time at wall - talking

200 social kick - but on even laps - NO SPLASH

4x50 (2 of each stroke for G1 lanes) - hard down - with a good turn and easy back - off the block optional on last 2.

G1/2/3 on 1:00 G4 (6 of them) on 1:15

Distance

total 4000

400 Drill

50 - 100 -200 -400 (45s rest between each) - SAME PACE on all - what you go for the 50 - same for the 400

200 IM DRILL

400 -200 - 100 - 50 (45s rest between each) DECEND pace between each one

200 social kick

4x25 - all out on 30s

3x200 - SAME Pace on all - try for 80-85% of 200 race pace on 30s after #1 and 1m rest after #2

2m rest

1x100 - as fast as you can - without LOSING your form/control/breathing cycle!!!!

200 WD !!!