

Buckeye Swim Club
Tuesday February 10th
Coach Jack - scrutinizing

Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth. *Bradley Whitford*
What you get by achieving your goals is not as important as what you become by achieving your goals. *Henry David Thoreau*

Warm up

- 400 Whatever - use this to clear your mind - work on a comfortable breathing pattern and overall rhythm
- 200 IM - drill down swim back

(See special page on MIXER Set)

Sprinters and IM'ers total 3300

- 10x50 PLANE UP - for 35 ydswork at getting on TOP of the water G1: 50 G2/3: 1m G4: 1:15
- 200 social kick
- 12x50 Harder (90-95%) down - with LONG underwater turn at far end - many kicks as far as you can- then easy back
- 200 social kick - make sure your heart rate is down before next set.
- 4x100 at 85%-90% - staying below JUST "gummy" G1: 1:45 G2/3: 2m G4: 2:15
- 2minute rest - gabfest
- 2x100 ABOVE "gummy" (if not in shape -do 50 above and 50 below)
- 200 easy

Distance total 3900

- 600 PLANE UP - on even laps (45s break after swim)
- 200 social kick - hard down/easy back - no SPLASH
- 12x50 200 yd race pace G1: 1m G2/3/4: 1:20
- 100 Garbage swim
- 4x200 at 500yrd pace G1: 3:15 G2/3: 4m G4: (3) on 5m
- 100 Garbage swim
- 2x100 at 200yrd race pace - heart and breathing must be down before starting 2nd 100
- 200 easy

100
200 IM
300
400 stroke
500
500
400 stroke
300
200 IM
100

or

adds (100, 300, 500) free

~~200~~