

One finds limits by pushing them – Herbert Simon

A goal is a dream with a deadline. - Napoleon Hill

Warm Up

200 What Ever

150 Free – nice and loose

100 2nd best stroke – LONG and smooth

When 2nd person finishes – stop rest of lane.....

6x50 EXPLODE off of far wall – with extra under water kicks – rest of 50 is “moderate”

on G1: 50s G2/3/4: 1m

Sprinters (3150 yds)

900 continuous swim

Every 3rd 100 – somewhere in 90-95% effort

Use the 200 – to bring breathing and pulse rate down

DO NOT Start fast 100 before breathing and pulse are DOWN! (rest at wall if you need to)

200 Social Kick

(2 times thru)

100 at 85% on G1 on 1:25 G2: on 1:40 G3/4: on 2M

50 at 60% on G1 on 1m G2: on 1:10 G3/4: on 1:20

100 at 95% on G1 on 1:25 G2: on 1:40 G3/4: on 2M

50 at 80% on G1 on 1m G2: on 1:10 G3/4: on 1:20

100 at 70% on G1 on 1:25 G2: on 1:40 G3/4: SKIP

50 at 95% on G1 on 1m G2: on 1:10 G3/4: SKIP

50 easy (make sure breath and pulse are down – starting next round)

Warm down 100 social kick

Warm down 200 easy

IM (3150 yds)

900 continuous swim (200 IM Drill then 100 IM w/effort) x3

Every 3rd 100 – somewhere in 90-95% effort

Use the 200 – to bring breathing and pulse rate down

DO NOT Start fast 100 before breathing and pulse are DOWN! (rest at wall if you need to)

200 Social Kick

(2 times thru)

100 best stroke at 85% on G1 on 1:40 G2/3/4: on 2m

50 best stroke at 60% on G1 on 1m G2: on 1:10 G3/4: on 1:20

100 2nd best at 90% on G1 on 1:40 G2/3/4: on 2m

50 4th best 80% on G1 on 1m G2: on 1:10 G3/4: on 1:20

100 IM (smooth) 70% on G1 on 1:40 G2/: on 2m G3/4 SKIP

50 3rd best 95% on G1 on 1m G2: on 1:10 G3/4: SKIP

50 easy (make sure breath and pulse are down – starting next round)

Warm down 100 social kick

Warm down 200 easy