

Buckeye Swim Club
Tuesday January 27th, 2015

Coach Jack - elevating

By failing to prepare, you are preparing to fail.

Benjamin Franklin

Warm up

300 Free
200 breast
200 back

When 2nd person finished - stop everyone else

10x50 on :55 10 underwater kicks per wall....you should be well past the flags

Sprinters Set

5x100 build G1 1:30 G2: 1:40 G3/4 2:00
200 social kick
4x100 middle 50 Hard (90%) G1 1:40 G2: 1:50 G3/4 2:00
100 social kick
3x100 IM - pick 2 different strokes to work hard on each one same send off as previous
2x100 95% G1 2:00 G2: 2:15 G3/4 2:30
100 social kick
500 straight swim - HARD off each off each turn - at LEAST 2 extra underwater kicks

IM Set

Myers IM (as in Urban) G1 50's on 50 and IM on 1:40 G2 - add 10s G3/4 add 20s
[4x50 - then 100 IM hard and 100 social kick] x 4

so 1st round would be

25 fly - 25 fly 25 fly - 25 back 25fly - 25 breast 25 fly - 25 free
100 im
100 social kick

Distance

3x200 G1 on 2:45 G2 on 3:00 G3/4 on 3:30
200 social kick (except every 3rd lap - no splash kicking)
4x300 broken at 150 G1 on 4:00 G2/3 on 5:00
Stop at 150 to get your time - drop 10-15 seconds in 2nd 150
3x200 - hold same "pace" within each 200 - should be near TOP of pace possible - but consistency is IMP.
G1 on 3:15 G2 on 3:30 G3/4 on 4:00