

Week 11 – Monday AM – Aug 10/26 – Centennial – Coach Melanie Price

Warm-up:

100/150/200 choice

Fins on and continue to warm-up with some Freestyle drills (so eyes are downwards except to breathe) & concentrating on technique, body position, tight core, hand entry, catch and finish etc and carrying that focus into the full stroke swimming:

Lane 6	Lanes 4-5	Lanes 1-3
5 Rounds of: 25 drill (see below) + 25 FR	5 Rounds of: 25 drill (see below) + 50 FR	5 Rounds of: 25 drill (see below) + 75 FR

The drill for each round is as follows:

R1: 12.5m kick on right side / 12.5m kick on left side

R2: 6 kick switch -> 6 k on right side, 1 arm stroke to switch to left side, 6 k on left side

R3: 6 kick three strokes -> 6 k on right side, 3 arm strokes to switch to left side, 6 k on left side

R4: Olympic dog paddle -> each “dog paddle” is from catch at top to finish at bottom and then recovery back to top is underwater

R5: Catch-up with finger tip drag -> 1 arm does a full stroke (top to top), then the other, drag fingers along surface in recovery (high elbow)

R5: Fist -> feel your forearms catching and holding the water

Main-set: 1 of main focuses here is to work on getting your times! Take~1 min between lines.

Lanes 4,5&6 start at line 2 & Lanes 3&6 skips line 3, so for line 2 they get time at 200 instead.

1. 500 but take 5sec at 400 to get 400 time (Lanes 1,2&3 only)
2. 400 but take 5sec at 300/200 to get 300/200 time, 400 time should be faster than 400 above
3. 300 but take 5sec at 200 to get 200 time, 300 time should be faster than 300 above(Lanes 3&6 skip)
4. 200 but take 5sec at 100 to get 100 time, 200 time should be faster than 200 above
5. 100 but take 5sec at 50 to get 50 time, 100 time should be faster than 100 above
6. 50 should be faster than 50 above
1550/1250/1050/750

75 cool down with at least one length double arm backstroke

Challenge:

Guess your 100 (lanes 1-3) or 50 (lanes 4-6) time, then we will do timed heats swim the distance and see how close you are to your guess

If we have extra time there will be a bonus set of 25s

Cool down: Choice with at least one length of scull on your back

Week 11 – Wednesday AM – Aug 12/26 – Centennial – Coach Melanie Price

Warm-up:

Lanes 4-6	Lane 1-3
1x150-200 Choice loosen up	1x250-300 Choice loosen up
3x50 -> 25 Drill/25 perfect technique on 1:20	4x50 -> 25 Drill/25 perfect technique on 1:10
6x50 Descend 1-3 to 70% effort on 1:10	6x50 Descend 1-3 to 70% effort on 1:00
4x25 on 0:50 Odd: 100 Race Pace Even: Cruise	6x25 on 0:45 Odd: 100 Race Pace Even: Cruise
1x50-100 Choice, cool down, get ready	1x100-150 Choice, cool down, get ready
750-850	1000-1100

Main-set:

8 x 50 on 2:00 Best average you can hold across all 8 50s!
Choice of stroke, but all 8 must be the same stroke
10 seconds apart

400 16 min

Cool down:

100 -> 50 Double arm back stroke + 50 ez choice swim
300-400 Ascend by 100s, start solid, finish ez