

Week 4 – Monday AM – June 22/26 – Tansley Woods – Coach Melanie Price

Warm-up:

Lanes 1&2	Lane 3&4	Lanes 5&6
100 swim choice 2 x 50->25catch-up FR /25 FR 2 x 50->25 fist FR/25 FR 2 x 50->25zipper/25 FR	150 choice 2 x 75->25catch-up FR /50 FR 2 x 75->25 fist FR/50 FR 2 x 75->25zipper/50 FR	100 choice 2 x 100->25catch-up FR /75 FR 2 x 100->25 fist FR/75 FR 2 x 100->25zipper/75 FR
400	600	700

Pre-set:

Lanes 1&2	Lane 3&4	Lanes 5&6
8x25 kick (fins) On 0:45 1-3 desc; 4-6 desc; 7&8 ez	5x50 kick (fins) On 1:15 or 1:20 1-4 desc; #5 ez	6x50 kick (fins optional) On 1:10 1-3 desc; 4-6 ascend
200 6min	250 6min15s-6min40s	300 7min

Main-set: A) is aerobic – swim or pull; B) is Strong!

Lanes 1-3 with pace time options					Lanes 4-6 with pace time options				
A)1x300	8:00	7:30	7:00	6:30	A)1x400	7:40	7:20	7:00	6:40
B)1x100	2:30	2:20	2:10	2:00	B)1x100	1:50	1:45	1:40	1:35
	10:30	9:50	9:10	8:30		9:30	9:05	8:40	8:15
A)1x200	5:20	5:00	4:40	4:20	A)1x300	5.45	5:30	5:15	5:00
B)2x100	2:30	2:20	2:10	2:00	B)2x100	1:50	1:45	1:40	1:35
	10:20	9:40	9:00	8:20		9:25	9:00	8:35	8:10
A)1x100	2:40	2:30	2:20	2:10	A)1x200	3:50	3:40	3:30	3:20
B)3x100	2:30	2:20	2:10	2:00	B)3x100	1:50	1:45	1:40	1:35
1200	10:10	9:30	8:50	8:10		9:20	8:55	8:30	8:05
A)1x400	-	-	9:20	8:40	A)1x100	1:55	1:50	1:45	1:40
					B)4x100	1:50	1:45	1:40	1:35
						9:15	8:50	8:25	8:00
1600	31min	29min	36min20	33min40	2000	37min30	35min50	34min10	32min30
Bonus 50s choice	4 on 1:30 6min 37min	5 on 1:30 7min30 36min	1 on 1:20 3min45 37min25	3 on 1:15 3min45 37min25	Bonus 50s choice	- 37min30	1 on 1:15 1min15 37min5	3 on 1:05 3min15 37min25	5 on 1:00 5min 37min30

Cool down choice

Week 4 – Wednesday AM – June 24/26 – Tansley Woods – Coach Melanie Price

Warm-up:

Lanes 1	Lanes 2-3	Lane 4	Lanes 5-6
100 swim choice	150 swim choice	200 swim choice	200 swim choice
50 kick choice	100 kick choice	100 kick choice	150 kick choice
100 IM->12.5drill /12.5swim	150 IM->25drill /25swim -drop 50 your choice	200 IM->25drill /25swim	200 IM->25drill /25swim
50 pull	100 pull	100 pull	150 pull
300	500	600	700

IM = FL/BK/BR/FR; Drill ideas: single arm, 6 kicks switch, 6 kick+3strokes, 2 kicks+1full stroke, Br arms with Fly or FR legs, catch-up, fists, double arm BK, zipper

Pre-set:

Lanes 1-2-3	Lanes 4-5-6
Learn/review turns and practice	mid-pool 25s working on turns – 2 rounds: 1)FL 2)FL/BK 3)BK 4)BK/BR 5)BR 6)BR/FR 7)FR On a pace that makes sure you have space to work turns 350

Main set:

Lanes 1	Lanes 2-6
Goal is to add up the 25 fly + the fastest (3 rd) 50 of each round + the 25 Fr to equal a really great 200 IM time	Goal is to add up the 25 fly + the fastest (4th) 50 of each round + the 25 Fr to equal a really great 200 IM time
25 Fly Fast on 1:00	25 Fly Fast on 1:00
3 rounds of 3 50s -> 1-3 desc, be sure to get time on 3 rd (fastest) 50: R1: 3 x 50 ->25 Fly/25BK on 2:00 R2: 3 x 50 ->25 BK/25BR on 2:00 R3: 3 x 50 ->25 BR/25FR on 2:00	3 rounds of 4 50s -> 1-4 desc, be sure to get time on 4th (fastest) 50: R1: 4 x 50 ->25 Fly/25BK on 1:30 R2: 4 x 50 ->25 BK/25BR on 1:30 R3: 4 x 50 ->25 BR/25FR on 1:30
25 FR Fast	25 FR Fast
500 20min	650 20min

100 ez to do your math add up

Bonus set:

? Rounds of (until 6:25am):

150 pull on 2:15/2:30/2:45/3:00/3:15/3:30 (getting about 20sec rest)

100 swim on 1:30/1:40/1:50/2:00/2:15/2:30 (getting about 15 sec rest)

50 kick on 1:10/1:20/1:30/1:40/1:50/2:00 (getting about 15 sec rest)

Cool down choice last 5 minutes