

Week 8 – Monday AM – July 20/26 – Centennial – Coach Melanie Price

Warm-up:

8 minutes: 50 FR swim + 50 FR drill or kick + 50 NF swim + 50 NF drill or kick

Main-set:

	Lane 6	Lane 5 & 4?	Lane 3 & 4?	Lane 1 & 2
50s Kick	2 on 2 : 00	4 on 1 : 30	4 on 1 : 20	5 on 1 : 10
20 FR drill +30 FR swim (work turn)	2 on 1 : 45	4 on 1 : 10	4 on 1 : 00	5 on 0 : 55
<i>Bonus rest</i>	0 : 15	0 : 20	0 : 10	0 : 20
50s Pull w breathing: Even 3/5; Odd 5/7	2 on 1 : 30	4 on 1 : 05	5 on 0 : 55	6 on 0 : 45
<i>Bonus rest</i>	0 : 15	0 : 10	0 : 15	0 : 15
25 FL kick +25 FL drill	1 on 2 : 00	1 on 1 : 30	1 on 1 : 20	2 on 1 : 10
50s FL or 25FL/25FR	2 on 1 : 45	2 on 1 : 15	3 on 1 : 05	3 on 0 : 55
<i>Bonus rest</i>	0 30	0 30	0 : 15	0 : 10
50s FR	3 on 1 : 30	5 on 1 : 00	5 on 0 : 50	5 on 0 : 45
<i>Bonus rest</i>	0 30	0 30	0 : 20	0 : 15
25 BK kick +25 BK drill	1 on 2 : 00	1 on 1 : 30	1 on 1 : 20	2 on 1 : 10
50s BK	2 on 1 : 45	2 on 1 : 15	3 on 1 : 05	3 on 0 : 55
<i>Bonus rest</i>	0 30	0 30	0 15	0 : 30
50s FR	2 on 1 : 25	4 on 0 : 55	4 on 0 : 45	4 on 0 : 40
<i>Bonus rest</i>	1 10	0 20	0 30	0 : 30
25 BR kick +25 BR drill	1 on 2 : 00	1 on 1 : 30	1 on 1 : 20	2 on 1 : 10
50s BR	2 on 1 : 45	2 on 1 : 15	3 on 1 : 05	3 on 0 : 55
<i>Bonus rest</i>	0 30	0 30	0 25	0 : 25
50s FR	1 on 1 : 20	3 on 0 : 50	3 on 0 : 40	3 on 0 : 35
<i>Bonus rest</i>	0 40	0 30	0 15	0 : 15
25 FL/25 BK (work turn)	1 on 1 : 45	1 on 1 : 15	2 on 1 : 05	2 on 0 : 55
25 BK/25 BR (work turn)	1 on 1 : 45	1 on 1 : 15	2 on 1 : 05	2 on 0 : 55
25 BR/25FR (work turn)	1 on 1 : 45	1 on 1 : 15	2 on 1 : 05	2 on 0 : 55
50s choice (cool down)	2 on 2 : 00	3 on 1 : 20	3 on 1 : 10	3 on 1 : 00
	1300 49 : 15	1950 49 : 15	2300 49 : 15	2600 49 : 30

Week 8 – Wednesday AM – July 20/26 – Centennial – Coach Melanie Price

Warm-up: Superman SKIPS:

	Lane 6	Lane 5&4?	Lane 3&4?	Lane 1&2
Swim With 30s vertical kick in deep end	100	150	200	200
Kick With 5 streamline jumps in shallow end	50	100	150	150
IM With 5 wall pushups in deep end	100	100	100	100
Pull With 5 wall sit-ups in deep end	100	150	150	200
Swim With dolphin dives from shallow to line	50	100	100	150
	400	600	700	800

Main-set: Three 13 minute stations:

Station 1	Station 2	Station 3
300 Pull breathing 3/5/7/5 by 25 200 Swim 15 sec rest in between each & repeat as time allows	3(L6:2) x 50 Fast Best NF 1:00-1:50 1x25 Choice on 0:45-:50 3(L6:2) x 50 Fast Best NF 1:00-1:50 1x25 Choice on 0:45-:50 1-3x100 IM Strong w 15s rest	Learn/practice some dives and flip turns Do continuous relay

Cool down:

50-100 choice