

2012 Menendez Swimming Practices

Week: 10

Day: Monday

Set	Time	Distance	Workout Description
W/U 1000		400 300 200 100	Swim Kick, drill, swim (75 of each stroke) pull 4x25 build Lee 424 x2
MAIN 800	2:30	8x100	Sprint Fast CHOICE (and Lee)
KICK 1000	1:15	20x50 kick	Choice
500	1:00	10x50 mid	Mid pool 50's on 1:00 (choice)
500	1:00	20x25	Sprint choice (easy/ fast from blocks)
W/D 400	400		
TOTAL 4200			

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Week: 10

Day: Friday

Set	Time	Distance	Workout Description
W/U 1000		400 swim 300 IM order 200 pull 100	Breathing every 3,5,7,9 throughout the entire 200. 4x25 sprint LEE—8/4/8
SKILL			
MAIN 2900	1:30 :30 rest :30	20x50 10x150 16x25	Sprint (All out—focus on turn and streamline, and finishes) Kick 50, Pull 100 Variable Sprint (4 Free, 4 Stroke, 4 Free, 4 Stroke)
SKILL			
KICK 300		12x25	Blast kicks with turn
W/D 100			
TOTAL 4300			

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Week: 6

Day: Saturday

Set	Time	Distance	Workout Description
W/U 500		500	10 lane snake down and back 15 push ups on wall at 125 50 jumping jacks at 250
SKILL			
MAIN 1800		4x25 breakout 6x50 drill/sw 2x100 swim	Separate by lanes Breakout/ streamline then kick For time from blocks Repeat 3 times through (must stay in lane assignment for two rounds)
SKILL			
KICK 500		10x50	Kick down, sprint back.
W/D 400			
TOTAL 3200			