

2012 Menendez Swimming Practices

Week: 11

Day: Tuesday

Set	Time	Distance	Workout Description
W/U 1000		1000	Swim, Kick, IM, Pull, Swim (SKIPS)
200		4x25 4x25 mid pool	Streamline as far as you can go Streamline as far as you can go off of turn, easy the rest of the way
MAIN 1000		2x100 4x50 build 8x25 sprint 4x50 descend 2x100	Choice stroke (odds easy, evens all out fast) Odds choice, evens free Odds choice, evens free Odds choice, evens free Choice stroke (odds sprint, evens easy)
W/D 600		1x200 swim 1x200 kick 1x200 swim	
TOTAL 2800			

2012 Menendez Swimming Practices

Week: 12

Day: Tuesday

Set	Time	Distance	Workout Description
W/U 1000		400 swim 200 kick 400 swim	
SKILL 200		8x25 midpool	Choice midpool
MAIN 800	2:00 1:30 3:00 1:30 2:00	4x50 build 3x25 4x50 sprint 3x25 4x50 descend	Build Fast to flags, then easy Choice (all off the block) Easy to mid pool, then fast last 10m for fast finish Start fast, end easy
SKILL			
KICK			
W/D 400			
TOTAL 2400			

2012 Menendez Swimming Practices

Week: 11

Day: Friday

Set	Time	Distance	Workout Description
W/U 1100		400 swim 200 Kick 400 swim 4x25 build	
SKILL 250		10x25 mid	Choice mid pool 50's
MAIN 900	3:00 1:00 3:00 1:00	2x100 free 10x25 2x100 free 10x25	Fast turns Odds fast, evens distance per stroke Fast turns Odds distance per stroke, evens fast
SKILL			
KICK 500		500	Choice kick
W/D 200		200	Choice
TOTAL 2950			

Week: 11

Day: Saturday

Set	Time	Distance	Workout Description
W/U 1100		400 swim 200 Kick 400 swim 3x25 build	
MAIN 600		1x75 sprint 1x25 easy 1x25 1x25 easy	All out sprint from blocks Sprint into and out of turn (race into and out of wall) Repeat 4 times
SKILL 500		10x50's	Start at flags, race into and out of wall then easy the rest of the way.
KICK 500		Train kick	Groups of 4 (kick until each person has kicked a lap, switching every lap—relay for fastest kickers).
W/D 500			
TOTAL 3100			