

# 2012 Menendez Swimming Practices

Week: 2

Day: Monday

Set	Time	Distance	Workout Description
<b>W/U</b>  800		1x100 1x200 1x100 4x50 4x25	Swim Kick Pull Build Sprint
<b>SKILL</b> 200		8x25 free	Rotation drill (side breathing)
<b>MAIN</b>  3600	:30, :45 2:30, 3:00	12x25 free 4x150 free (2x150)	(1-long strokes, 2-build,3-sprint) REPEAT 4 Times (1 <sup>st</sup> 100, 3 <sup>rd</sup> 100 choice) Long 100, 50 sprint  REPEAT 4 times
<b>KICK</b>			
<b>W/D</b>  200		1x200	Swim
<b>TOTAL</b> <b>4600</b>			

# 2012 Menendez Swimming Practices

Week: 2

Day: Tuesday (SHORT DUE TO WEATHER)

Set	Time	Distance	Workout Description
<b>W/U</b>  800		1x100 1x200 1x100 4x25	Swim Kick Pull Sprint
<b>SKILL</b> Flip/ open turns 450		10x25 free 2x75 back 2x25 sprint	Mid pool turns Backstroke technique backstroke
<b>MAIN</b> 1200	:30 rest 1:15 :30	1x100 sprint 20x50 strong 1x100 sprint	Free Odds freestyle, evens backstroke Free from blocks for time
<b>KICK</b>			
<b>W/D</b>  175		1x175 WD	
<b>TOTAL</b>  <b>2625</b>			

# 2012 Menendez Swimming Practices

Week: 2

Day: Wednesday

Set	Time	Distance	Workout Description
<b>W/U</b>  900		1x200 1x200 1x200 4x50 4x25	Swim Kick Pull Build Sprint
<b>SKILL</b>  450	:15 rest	2x50 drill 1x50 free 2x50 drill 1x50 free 2x50 drill 1x50 free	Catch up Swim Arm pit Swim Olympic Swim
<b>MAIN</b>  2000	4:00 4:00 1:00  2:30 1:15  4:00 4:00 1:00	2x200 free 1x200 free 4x50 free  1x100 back 4x50 back 4x25 back  2x200 free 1x200 free 4x50 free	Pull (breathing every 3,5,7)---LANES 4-6, 100's on 2:30 instead of 200 for ALL Strong Sprint  Focus on turns streamline Sprint  Pull (breathing every 3,5,7) Strong Sprint
<b>SKILL</b>			
<b>KICK</b>  300		12x25 kick	Variable sprint kick (1 <sup>st</sup> 25- half fast, half easy, 2 <sup>nd</sup> - half easy, half fast, 3 <sup>rd</sup> all easy, 4 <sup>th</sup> all sprint).
<b>W/D</b>  400		400 easy	
<b>TOTAL</b> 4050			

# 2012 Menendez Swimming Practices

Week: 2

Day: Thursday

Set	Time	Distance	Workout Description
<b>W/U</b>  900		1x100 1x200 1x100 4x50 4x25	Swim Kick Pull Build Sprint
<b>SKILL</b>			
<b>MAIN</b>  1900	4:00 :10 from last per :30  4:00 1:30 :30  4:00	1x200 free 4x100 free  12x25 free  1x200 free 4x75 free 12x25 free  1x200 free	Pull focus on turns (no breathing flags to wall) 50 kick, 50 sprint free  Variable Sprint  Pull focus on turns (no breathing flags to wall) 25 kick, 25 sprint free Variable Sprint  Pull focus on turns (no breathing flags to wall)
<b>SKILL</b>  <b>1000</b>	Coach Coach 1:30 3:00 1:30	8x25 back 4x50 back 4x50 back 2x100 back 4x50 back	Odds kick, evens drill Drill down, swim back Full swim Full swim Full swim (focus on streamlines)
<b>KICK</b>  <b>600</b>	:10 from last person	12x50 kick	Odds free, evens back
<b>W/D</b>  <b>500</b>		150 free 200 stroke 150 free	
<b>TOTAL</b>  <b>4900</b>			

# 2012 Menendez Swimming Practices

Week: 2

Day: Friday

Set	Time	Distance	Workout Description
<b>W/U</b>  900		1x100 1x200 1x100 4x50 4x25	Swim Kick Pull Build Sprint
<b>SKILL</b>  450		2x50 drill 1x50 breast 2x50 drill 1x50 breast 2x50 drill 1x50 breast	Undulation down, breast back Swim Sculling down, breast back Swim Goggle drill down, breast back swim
<b>MAIN</b>  1200	:10 from last person	12x100	50 Kick without board, 25 Build, 25 All out no breath (without stopping)
<b>SKILL</b>			
<b>KICK</b>  1000		1x25 kick 75 kick easy	Sprint kick, battles (meet in middle and push each other to side) Easy  REPEAT 10 times
<b>W/D</b>  500		500 easy	
<b>TOTAL</b>  4050			

# 2012 Menendez Swimming Practices

Week: 2

Day: Saturday

Set	Time	Distance	Workout Description
<b>W/U</b>  900		1x100 1x200 1x100 4x50 4x25	Swim Kick Pull Build Sprint
<b>SKILL</b>  100		4x25 Starts	Starts practice
<b>MAIN</b>  525		7x75	Brazilian super set (7x75 all out for time).
<b>SKILL</b>			Treading water with coach
<b>KICK</b>  500		10x25	Kick Battles
<b>W/D</b>		1x200	
<b>TOTAL</b>  2225			

Set	Time	Distance	Workout Description
W/U  800		1x100 1x200 1x100 4x50 4x25	Swim Kick Pull Build Sprint
SKILL			
MAIN			
SKILL			
KICK			
W/D			
TOTAL			