

2012 Menendez Swimming Practices

Week: 4

Day: Monday

Set	Time	Distance	Workout Description
<b>W/U</b>  1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
<b>SKILL</b>  1000	:30 rest	4x50 balance 4x50 drill 2x50 sprint 4x50 undulation 4x50 drill 2x50 sprint	Free/ back Free  Breast/ fly
<b>MAIN</b>  1200		4x100 free 8x50 16x25	25 easy, 50 fast, 25 easy Build free Variable sprint
<b>SKILL</b>  900	:30 rest	12x75 back/breast/ free	25back, 25 breast or fly, 25 free
<b>KICK</b> 300	Coach Coach	10 min tread 12x25 kick	Treading water with coach Kick battles (meet in middle)
<b>W/D</b> <b>400</b>		400 choice	
<b>TOTAL</b> <b>4900</b>			

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Week: 4

Day: Wednesday

Set	Time	Distance	Workout Description
<b>W/U</b>  1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
<b>SKILL</b>  1000	:30 rest	10x100 free	Streamline to first/ fourth line on each, streamline all the way on last lap.
<b>MAIN</b>  500		10x50 turns	4 free, 4 back, 4 breast, 4 fly
<b>SKILL</b>  750	:30 rest	10x75	Push ups and star jumps at each end (10)
<b>KICK</b> 1000		10x100 kick	Sprint freestyle on last lap.
<b>W/D</b> <b>400</b>		400 choice	
<b>TOTAL</b> <b>4850</b>			

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Week: 4

Day: Thursday

Set	Time	Distance	Workout Description
<b>W/U</b>  600		200 swim 200 kick 4x50 build	
<b>SKILL</b>  800		8x50 drill 8x50 drill	Drill down, freestyle back Stroke drill down, stroke back
<b>MAIN</b>  1950		16x25 sprint 8x25 sprint 16x25 sprint 8x25 sprint  10x75's	Variable sprint freestyle Sprint freestyle (squats and burpees at each end) Variable sprint stroke Sprint stroke (leg lifts and crunches at each end)  Middle 25 sprint (jumping ropes at each end until heat 1 is done)
<b>SKILL</b>			
<b>KICK</b>			
<b>W/D</b> <b>400</b>		400 choice	
<b>TOTAL</b> <b>3750</b>			

# 2012 Menendez Swimming Practices

Week: 4

Day: Friday

Set	Time	Distance	Workout Description
<b>W/U</b>  1000		200 swim 200 kick 200 IM 200 Drill 200 Swim	
<b>SKILL</b>  500		4x50 drill 4x25 swim 4x50 drill	Balance down, freestyle back Distance per stroke undulation down, stroke back
<b>MAIN</b>  3000	:30 1:00 2:30	1x300 pull 4x50 build 3x100 fast	Pull (lanes 6,7- 1x200 pull) swim First 25 underwater (listen for time at each 100). Repeat 3 times (Repeat 2 times for lanes 6,7).  1 <sup>st</sup> set is free, 2 <sup>nd</sup> set is stroke, 3 <sup>rd</sup> set is free.
<b>SKILL</b>			
<b>KICK</b> 500		10x25 sprint	kick
<b>W/D</b> 400		400 choice	
<b>TOTAL</b> 5400			

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Week: 4

Day: Saturday

Set	Time	Distance	Workout Description
<b>W/U</b>  400		400	8 lane snake down and back
<b>SKILL</b>		2x50 balance 1x25 dps	Free Distance per stroke free
<b>MAIN</b>  2400	4:00	12x200	Standing 12 Count 1-50 fast from blocks, 150 easy. 2-25 fast, 25 easy. 3-100 fast, 100 easy. 4-50 at 20 pace, 100 easy, 50 build to fast finish Repeat set 3 times through.
<b>SKILL</b>			
<b>KICK</b>	15 sec kick	12x25	Blast kicks
<b>W/D</b> <b>400</b>		400 choice	
<b>TOTAL</b> <b>3750</b>			