

2012 Menendez Swimming Practices

Week: 5

Day: Wednesday

Set	Time	Distance	Workout Description
W/U 1100		400 300 200 100	Swim Kick, drill, swim (75 of each stroke) pull 4x25 build
SKILL 1000	:30 rest	2x50 balance 2x50 drill 2x50 sprint 2x50 undulation 2x50 drill 2x50 sprint	Free/ back Free Breast/ fly
Kick 400		16x25's kick	Blast kicks (kick for 15 seconds then flip turn)
MAIN 2000	3:45/ 4:00	10x200's	Odds (50 sprint, 150 at 75%) Evens (150 at 75%, 50 sprint)
KICK			
W/D 200		200 choice	
TOTAL 5900			

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Week: 5

Day: Thursday

Set	Time	Distance	Workout Description
W/U 1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
SKILL 400	:coach	16x25	4 of each stroke (4 fly, 4 back, 4 breast, 4 free), 1,2,3 all drill on coach, 4 is nice stroke
MAIN 2100	:30 rest		
KICK 500		10 min kick	Sprint on whistle
W/D 400		400 choice	
TOTAL 4500			

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Week: 5

Day: Friday

Set	Time	Distance	Workout Description
W/U 1000		400 swim 300 IM order 200 kick 100	Kick, drill, swim 4x25 sprint
SKILL 800		8x50 drill 8x50 drill	Drill down, freestyle back Stroke drill down, stroke back
MAIN 1600	:30 rest :45 1:00 timed	12x75 fly/back/ Breast 16x25 4x50 build 1x100 sprint	Odds (kick, drill, swim) Evens (full stroke) 4 fly, 4 back, 4 breast Variable sprint (4 fly, 4 back, 4 breast, 4 free) Choice stroke Stroke from blocks
SKILL			
KICK	10 min	Kick	Sprint on whistle
W/D 400		400 choice	
TOTAL 3800			

2012 Menendez Swimming Practices

Week: 5

Day: Saturday

Set	Time	Distance	Workout Description
W/U 1000		400 swim 300 IM order 200 kick 100	4x25 sprint
SKILL		2x50 balance 2x50 undulation	
MAIN 1200		1x125 1x75 sprint 1x125 1x75 sprint 1x125 1x75 sprint	50 fly, 25 back, 25 breast, 25 free Free from blocks 25 fly, 50 Back, 25 breast, 25 free Free from blocks 25 fly, 25 back, 50 breast, 25 free Free from blocks Repeat 2x
SKILL		20x25	Sprint/ distance per stroke
KICK 500		10x25 sprint	kick
W/D 400		400 choice	
TOTAL			

2012 Menendez Swimming Practices

Week: 4

Day: Saturday

Set	Time	Distance	Workout Description
W/U 400		400	8 lane snake down and back
SKILL		2x50 balance 1x25 dps	Free Distance per stroke free
MAIN 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.
SKILL			
KICK	15 sec kick	12x25	Blast kicks
W/D 400		400 choice	
TOTAL 3750			