

2012 Menendez Swimming Practices

Week: 8

Day: Monday

Set	Time	Distance	Workout Description
<b>W/U</b>  1000		400 300 200 100	Swim Kick, drill, swim (75 of each stroke) pull 4x25 build
<b>SKILL</b> <b>500</b>	:15 rest	5x100	Tennessee tumble
<b>MAIN</b>  2000	:30 1:15 2:30	25 stroke 50 stroke 100 stroke 50 stroke 25 stroke  25 free 50 free 100 free 50 free 25 free	Kick Drill Full swim Drill Sprint  Kick Drill Full swim Drill Sprint  REPEAT Entire set 5x
	Kick	10x50	Sprint down, backstroke kick back
<b>W/D</b> <b>400</b>		400 choice	
<b>TOTAL</b> <b>4400</b>			

2012 Menendez Swimming Practices

Week: 8

Day: Wednesday

Set	Time	Distance	Workout Description
<b>W/U</b>  1000		400 300 200 100	Swim Kick, drill, swim (75 of each stroke) pull 4x25 build
<b>SKILL</b>			
<b>MAIN</b>  2400		1x200 IM 4x50 fly/ ba 4x50 ba/br 4x50 br/fr	Swim   Focus on turns. REPEAT 3x
<b>KICK</b>			
1000		20x50 kick	5 of each stroke
<b>W/D</b> <b>200</b>		200 choice	
<b>TOTAL</b> <b>4600</b>			

# 2012 Menendez Swimming Practices

Week: 7

Day: Thursday

Set	Time	Distance	Workout Description
<b>W/U</b>  1000		400 300 200 100	Swim Kick, drill, swim (75 of each stroke) pull 4x25 build
<b>SKILL</b>  1000		2x100 4x50 2x100 4x50 2x100	Tennessee tumble 1 <sup>st</sup> 25 Distance per stroke, 2 <sup>nd</sup> 25 no breath Tennessee tumble 1 <sup>st</sup> 25 Distance per stroke, 2 <sup>nd</sup> 25 no breath Tennessee Tumble
<b>MAIN</b>  1200		1x100 IM 4x25 1x100	Odds drill, evens stroke Stroke  Repeat for each stroke (4x)
<b>Kick</b> 400		16x25 kick	Odds sprint kick, 20 squats Evens easy kick
<b>KICK</b>			
<b>W/D</b> 400		400 choice	
<b>TOTAL</b> 4000			

# 2012 Menendez Swimming Practices

Week: 8

Day: Friday

Set	Time	Distance	Workout Description
<b>W/U</b>  1000		400 swim 300 IM order 200 pull 100	Breathing every 3,5,7,9 throughout the entire 200. 4x25 sprint
<b>SKILL</b>			
<b>MAIN</b>  1750	1:00 3:30 :30 3:30 1:00	4x50 build 2x200 12x25 2x200 4x50 descend	Build freestyle Pull free, no breathing flags to wall (focus on streamlines) Odds sprint, evens distance per stroke Pull free, no breathing flags to wall (focus on streamlines) Descend freestyle
<b>SKILL</b>  400		12x25 stroke  4x25 sprint	IM order (first 4 fly to back, second 4 back to breast, 3 <sup>rd</sup> breast to free)  Stroke you are swimming tomorrow
<b>KICK</b> 500		5x100	Kick, fast last lap
<b>W/D</b> 100			
<b>TOTAL</b> 3750			

2012 Menendez Swimming Practices

Week: 6

Day: Saturday

Set	Time	Distance	Workout Description
<b>W/U</b>		500	10 lane snake down and back
500			15 push ups on wall at 125 50 jumping jacks at 250
<b>SKILL</b>			
<b>MAIN</b>		4x25 breakout 6x50 drill/sw 2x100 swim	Separate by lanes Breakout/ streamline then kick  For time from blocks Repeat 4 times through (must stay in lane assignment for two rounds)
<b>SKILL</b>			
<b>KICK</b>	15 sec kick	12x25	Blast kicks
<b>W/D</b> <b>400</b>			Relays
<b>TOTAL</b> <b>3750</b>			