

# 2012 Menendez Swimming Practices

Week: 9

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>Kick</b>  <b>900</b>	2:00	12x75	odds (stroke kick all 3 laps). Evens (kick, drill, swim 3 of each stroke)  3 fly, 3 back, 3 breast, 3 free
<b>MAIN</b>  1500	timed	3x500 free	For time—record and remember all 3.  Lanes 5,6 (400's)
400	:45	16x25 sprint	Odds sprint, evens easy.
<b>W/D</b> <b>400</b>		400 choice	
<b>TOTAL</b> <b>4200</b>			

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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>  1600	1:00 1:45/ 2:00 8:00 1:45/ 2:00 :45	4x50 build 4x100  1x400 4x100  4x50 sprint	Build freestyle Pull free, no breathing flags to wall (focus on streamlines)  For time Regular Free  Sprint free
<b>SKILL</b> 300		12x25	Variable Sprint Stroke
<b>KICK</b> 1000		10x100	Kick, fast swim last lap
<b>W/D</b> 100			
<b>TOTAL</b> 4000			

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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>			