

Warm-Up	Drill Set	Main Set	Skill (Other)	Kick
4-3-2-1 400 Freestyle 300 IM (Kick, Drill, Swim) 200 kick (Choice) 4 x 25 IM order	Tennessee Tumble 10 x 100 @ 1:50	500 Free @ 9:00 400 Free @ 6:45 300 Free @ 4:40 200 Free @ 3:00	4 x 50 Balance Drill/ Regular Freestyle @ coach 200	W/ Board 10 x 50 @ 1:15 500
8 x 100 Free @ 2:00	10 x 75 free 3/5/7 @ 1:30	10 x 100 Free lane 1 @ 1:20 lane 2 @ 1:40	Mid Pool 50 x 6 @ coach	10 x 50 6 kick and switch @ 1:10
8 x 100 free 6 kick and switch/ regular @ 2:00	8 x 50 windmill drill/ Regular @ Coach	Lane ½ 5 x 500 Freestyle @ 6:30 / 7:30 2500 Lane ¾ 5 x 400 Free @ 8:00 Lane 5/6 20 x 50 free @ 1:30	6 x 25 from a dive @ coach	10 x 50 butterfly @ 1:10
	4 x 100 @ 2:00 6 kick and switch 400 4 x 100 @ 2:00 Double touch backstroke 400 4 x 100 @ 2:00 Kick down/ Swim back	Snake times 5 push ups/ 5 star jumps	10 x 50 undelation down/ butterfly kick back @ 1:05	10 x width Pool with pressouts @ coach
	10x 25 chicken backstroke @ 45 seconds	10 x 200 @ 4:00 minutes come in under the 2:30/ 3:00 2000	10 x 100 Free Lane ½ go all the way to black line streamline underwater @ 1:50	10 x width of pool blast kick
	10 x 50 @ 50  Distance per stroke/accelerate	4 x 125 stroke 25 fast/ 50 easy/ 50 fast @ coach	10 x 50 kick on side free ( working on Balance)	10 x 75 backstroke kick Lane 1&2 6 dolphin kicks each wall
	10 x 100 @ 2:15  1-5 are Breastoke pull with butterly kick  6- 10 are stroke	Lane 1 & 2  3 x 500 for time record times 1500  Lane 3 & 4  3 x 400 for time record time  Lane 5 & 6  3 x 300 for time record time	6 x 50  undelation down / kick back @ coach	20 x 50 kick  5 of each stroke @ 1:05/ 1:10/ 1: 15/

	10 x 25 sculling @ 45  1-5 hands straight out  6- 10 elbows bent	Lane 1  5 x 400 IM @ coach  Lane 2- 6  6 x 200 IM 3:30/ 3:45/ 4:00/ 4:20	20 x 25 @ 40  Sprint Freestyle	10 x 50 kick choice @ 50/ 55/1:00/ 1:05
	10 x 50 @ 1:05  2kick/1pull drill	10 x 50 for time on the 2:00 give each swimmer a certain amount of time to complete the entire set example: chandler 30 seconds for each one added together equals 5:00 minutes	10 finishes choice	10 x 50 kick @ 1:05  6 underwater dolphin/ stay on one side for kick
	Butterfly: superslow butterfly with lots of undulation	Standing 12 Count  Main Set: 12x200  #1) 50 fast from the blocks, 150 easy  #2) 25 Fast 25 easy  #3) 100 Fast from the blocks, 100 easy  #4) 50 at 200 pace, 100 easy, 50 Build to a fast finish @ 3:45  3 times	10 x 50 freestyle  over rotation both ways on 1:00	8 x pool width Stream Line kick 100
	10 x 50 fingertip drag high elbow @ 1:00  500	<u><b>Lady of the Lake</b></u>  300 Pull  4x50 Build/Descend  3x100 FAST, first 25 underwater  listen for your time at 100  3 TIMES  (1 <sup>st</sup> three are free 2 <sup>nd</sup> three are stroke 3 <sup>rd</sup> three are free) 2400	10 x 50  Olympic drill both ways	10 x 25 horizontal kickboards

		400 easy breathing every		
	8 x 200 pull stroke count 1 <sup>st</sup> 25 of every 100	10 X 75  blocks 10 star jumps  shallow end pushups	3 x 50 balance drill down / regular free back 150  6 x 50 armpit drill down. Regular back	10 x 50 4 hard strokes kick hard the rest of the 25
		Brazilian Super set 7x75s Fast		10 x 50 12.5 kick 12.5 swim by 25
		20 x 200's  3:40  Odd 50 @ 100% 150 @ 85%  Even 150 85% 50 @ 100%		
		3 x  3 person relay  25's  each person goes 10 times  try to go under 7:30 for total 750 3750		
		50 kick all out without kickboard  25 build freestyle  25 no breather freestyle  That is all without stopping  All of that times 12		
		25 fly 75 free  50 fly 50 free  75 fly 25 free		

		100 fly two times through		
		1 x 100 @ 1:20 @ 1:30 2 x 100 @ 1:25 @ 1:35 3 x 100 @ 1:30 @ 1:40 4 x 100 @ 1:35 @ 1:45 Free		
		6 x 100 for time broken at the 25 with 15 seconds rest		
		15 x 25 from a dive with turn		
		<b><u>Standing 12 Count-</u></b> <b>12x200's@ coach</b> <b>2400</b>  #1) 50 fast from the blocks, 150 EZ  #2) 25 Fast 25 EZ  #3) 100 Fast from the blocks, 100 EZ  #4) 50 at 200 pace, 100 EZ, 50 Build to a fast finish... 3 times through		