

2012 Menendez Swimming Practices

Week: 1

Day: Monday

Set	Time	Distance	Workout Description
W/U 800		1x100 1x200 1x100 4x50 4x25 1x100	Swim Kick Pull Build Sprint Backstroke
SKILL Flip turns 800		8x25 free 8x50 free 2x200 free	Teach flip turn progression (out past flags), no breathing flags to wall Flip turns from flags to wall and out Mid pool 50's Perfect turns on all walls (1x100 for new swimmers)
MAIN 1000	:15 rest :30 rest :30 rest :30 rest	16x25 free 4x50 free 2x100 free 1x200 free	4 sets of 4 freestyle (1-drill on coach, 2-long and stretched out, 3-sprint, 4-easy/ backstroke) Build into and out of walls (freestyle) Breathing every three strokes Focus on turns (no breathing)
SKILL 100		4x25 back	Easy backstroke
KICK 100	5 min.		Sprint kick on whistle
W/D 100		1x100	Swim
TOTAL 2900			

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Week: 1

Day: Tuesday

Set	Time	Distance	Workout Description
W/U 700		1x100 1x200 1x100 4x50 1x100	Swim Kick Pull Balance down, Build back Swim
MAIN 1800	:30 :10 rest	16x25 free 8x50 free 10x100 free	8 sets of 2 (1-distance per stroke, 2-sprint) Strong finishes (BUILD) Odds fast, evens pull
SKILL 550	:30 rest	8x25 back 7x50 back	Odds drill backstroke, evens regular back Regular backstroke with turns
KICK 700	:10 rest	12x25 kick 4x50 free 1x100 kick	Sprint kick race Sprint freestyle between every 4 kicks
W/D 200		1x200	Swim
TOTAL 3950			

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Week: 1

Day: Wednesday

Set	Time	Distance	Workout Description
W/U 800		1x100 1x200 1x100 4x50 4x25 1x100	Swim Kick Pull Build Sprint Swim
SKILL 700		4x75 free 8x50 free	Kick, drill, swim Odds drill, evens swim
MAIN 1200	:30 rest 2:00/2:30	1x200 free 4x100 free	Pull Strong freestyle breathing every 3 (REPEAT SET 3 TIMES)
SKILL			
KICK 200	10:00	Continuous	Sprint kick on whistle
W/D 400		1x200 1x100 1x100	Swim Back Swim
TOTAL 3300			

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Week: 1

Day: Thursday

Set	Time	Distance	Workout Description
W/U 800		1x100 1x200 1x100 4x50 4x25 1x100	Swim Kick Pull Build Sprint Swim
SKILL 200		8x25 free	Rotation drill (side breathing)
MAIN 1000	1:00/1:15	20x50 free	Strong freestyle
SKILL 500	:30 rest	4x75 breast 4x50 breast	OPEN TURN INSTRUCTION/ BREASTSTROKE INSTRUCTION Kick, drill, swim swim
KICK 400	:30 rest	4x100 kick	Breast stroke kick
W/D 400		1x200 1x100 1x100	Swim Back Swim
TOTAL 3300			

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Week: 1

Day: Friday

Set	Time	Distance	Workout Description
W/U 800		1x100 1x200 1x100 4x50 4x25 1x100	Swim Kick Pull Build Sprint Swim
SKILL Flip/ open turns 800	1:00 rest	3x200	Swim 25 freestyle, flip turn, then swim 25 breast stroke, open turn, (REPEAT within each 100)
MAIN 1400	:15 rest :10 rest	4x50 free 4x125 free	swim Kick 1 st 25 of each (swim 100) REPEAT 2 TIMES
SKILL			
KICK 300	:15 rest	4x75 breast	25 kick, 25 swim, 25 kick
W/D 400		1x200 1x100 1x100	Swim Back Swim
TOTAL 3700			

2012 Menendez Swimming Practices

Week: 1

Day: Saturday

Set	Time	Distance	Workout Description
W/U 800		1x100 1x200 1x100 4x50 4x25 1x100	Swim Kick Pull Build Sprint Swim
SKILL Flip turns 800		8x25 free 8x50 free 1x200 free	Teach flip turn progression (out past flags), no breathing flags to wall Flip turns from flags to wall and out Mid pool 50's Perfect turns on all walls (1x100 for new swimmers)
MAIN		8x50 free	build
SKILL 100		4x25 back	Easy backstroke
KICK 400	10 min. 1:00 rest	4x25 kick	Sprint kick on whistle Sprint kick race
W/D 400		1x200 1x100 1x100	Swim Back Swim
TOTAL 3700			