

2012 Menendez Swimming Practices

Week: 11

Day: Tuesday

Set	Time	Distance	Workout Description
W/U 1000		1000	Swim, Kick, IM, Pull, Swim (SKIPS)
MAIN 1000	3:00	10x100	50 kick all out without kickboard, 25 build free, 25 no breath free
400	1:00	20x25	Sprint choice stroke
400		4x75 1x75 stroke 1x25 stroke	Kick, drill, swim (all choice stroke) Stroke All out stroke from blocks
W/D 1000		1x400 swim 1x200 kick 1x400 swim	
TOTAL 3800			

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Week: 11

Day: Wednesday

Set	Time	Distance	Workout Description
W/U 1000		400 pull 200 kick 400 swim	
SKILL		2x50 balance 2x50 free 2x50 undulation 2x50 breast or fly	
MAIN	1:30 3:00 1:00	8x50 mid 4x100 16x25	Streamline off turns No breath last lap 4 each stroke (sprint)
SKILL			
KICK 1000		10x100	Kick middle, Tennessee tumble on turns
W/D 100			
TOTAL 4300			

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Week: 11

Day: Friday

Set	Time	Distance	Workout Description
W/U 1100		400 swim 200 Kick 400 swim 4x25 build	
SKILL 250		10x25 mid	Choice mid pool 50's
MAIN 900	3:00 1:00 3:00 1:00	2x100 free 10x25 2x100 free 10x25	Fast turns Odds fast, evens distance per stroke Fast turns Odds distance per stroke, evens fast
SKILL			
KICK 500		500	Choice kick
W/D 200		200	Choice
TOTAL 2950			

Week: 11

Day: Saturday

Set	Time	Distance	Workout Description
W/U 1100		400 swim 200 Kick 400 swim 3x25 build	
MAIN 600		1x75 sprint 1x25 easy 1x25 1x25 easy	All out sprint from blocks Sprint into and out of turn (race into and out of wall) Repeat 4 times
SKILL 500		10x50's	Start at flags, race into and out of wall then easy the rest of the way.
KICK 500		Train kick	Groups of 4 (kick until each person has kicked a lap, switching every lap— relay for fastest kickers).
W/D 500			
TOTAL 3100			