

2012 Menendez Swimming Practices

Week: 3

Day: Wednesday

Set	Time	Distance	Workout Description
<b>W/U</b>  1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
<b>SKILL</b>  1000	:30 rest	10x100 free	Tennessee Tumble (underwater flags to wall)
<b>MAIN</b>  1200	1:15 1:00 1:15	8x50 free 8x50 free 8x50 free	Build freestyle Sprint freestyle Descend freestyle
<b>SKILL</b>  900	:30 rest	12x75 back/breast/ free	25back, 25 breast, 25 free
<b>KICK</b> 300	Coach Coach	10 min tread 12x25 kick	Treading water with coach Kick battles (meet in middle)
<b>W/D</b> <b>400</b>		400 choice	
<b>TOTAL</b> <b>4900</b>			

2012 Menendez Swimming Practices

Week: 3

Day: Thursday

Set	Time	Distance	Workout Description
<b>W/U</b>  1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
<b>SKILL</b>  400	:30 rest	Turns practice	4x50 mid pool open 4x50 mid pool flip turn
<b>MAIN</b>  2000	3:30/ 4:00 2:00/ 2:30 1:15/ 1:30	4x200 6x100 12x50	Odds pull, evens free focus on breathing (3,5,7) 2x 100's for lane 7 Odds free, evens choice (sprint last lap of each) 2x 100's for lane 7 1 <sup>st</sup> easy, 2 <sup>nd</sup> build, 3 <sup>rd</sup> sprint (in groups of 3—1 <sup>st/3rd</sup> group stroke, 2 <sup>nd</sup> /4 <sup>th</sup> free
<b>SKILL</b>			
<b>KICK</b> 1500	Coach Coach	10x150 kick	50 kick, 50 swim, 50 kick
<b>W/D</b> 400		400 choice	
<b>TOTAL</b> 5400			

# 2012 Menendez Swimming Practices

Week: 3

Day: Monday

Set	Time	Distance	Workout Description
<b>W/U</b>  1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
<b>SKILL</b>  1000	:30 rest	10x100 free	Tennessee Tumble (underwater flags to wall)
<b>MAIN</b>  1200	1:15 1:00 1:15	8x50 free 8x50 free 8x50 free	Build freestyle Sprint freestyle Descend freestyle
<b>SKILL</b>  900	:30 rest	12x75 back/breast/ free	25back, 25 breast, 25 free
<b>KICK</b> 300	Coach Coach	10 min tread 12x25 kick	Treading water with coach Kick battles (meet in middle)
<b>W/D</b> 400		400 choice	
<b>TOTAL</b> 4900			

# 2012 Menendez Swimming Practices

Week: 3

Day: Monday

Set	Time	Distance	Workout Description
<b>W/U</b>  1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
<b>SKILL</b>  1000	:30 rest	10x100 free	Tennessee Tumble (underwater flags to wall)
<b>MAIN</b>  1200	1:15 1:00 1:15	8x50 free 8x50 free 8x50 free	Build freestyle Sprint freestyle Descend freestyle
<b>SKILL</b>  900	:30 rest	12x75 back/breast/ free	25back, 25 breast, 25 free
<b>KICK</b> 300	Coach Coach	10 min tread 12x25 kick	Treading water with coach Kick battles (meet in middle)
<b>W/D</b> 400		400 choice	
<b>TOTAL</b> 4900			

# 2012 Menendez Swimming Practices

Week: 3

Day: Monday

Set	Time	Distance	Workout Description
<b>W/U</b>  1100		1x200 1x200 1x200 1x200 4x50 4x25	Swim Kick IM Pull Build Sprint
<b>SKILL</b>  1000	:30 rest	10x100 free	Tennessee Tumble (underwater flags to wall)
<b>MAIN</b>  1200	1:15 1:00 1:15	8x50 free 8x50 free 8x50 free	Build freestyle Sprint freestyle Descend freestyle
<b>SKILL</b>  900	:30 rest	12x75 back/breast/ free	25back, 25 breast, 25 free
<b>KICK</b> 300	Coach Coach	10 min tread 12x25 kick	Treading water with coach Kick battles (meet in middle)
<b>W/D</b> 400		400 choice	
<b>TOTAL</b> 4900			

