

2012 Menendez Swimming Practices

Week: 6

Day: Monday

PLEASE TELL THEM WE ARE GETTING OUT EARLY TO TELL THEIR PARENTS!

Set	Time	Distance	Workout Description
W/U 1000		400 300 200 100	Swim Kick, drill, swim (75 of each stroke) pull 4x25 build
SKILL 1000	:30 rest	10x100 kick	Sprint last lap of each 100.
MAIN 1200	2:00/ 2:30	12x100	In sets of 4 (1 st pull, 2 nd free, 3 rd pull, 4 th stroke)
400		16x25 stroke	Variable sprint (easy/fast, fast/easy, all easy, all fast—per 25's in sets of 4) 1 st set of 4 is stroke, 2 nd free, 3 rd stroke, 4 th free
W/D 200		200 choice	
TOTAL 3800			

2012 Menendez Swimming Practices

Week: 6

Day: Wednesday

Set	Time	Distance	Workout Description
W/U 1000		400 300 200 100	Swim Kick, drill, swim (75 of each stroke) pull 4x25 build
SKILL 200		4x50	Balance down, freestyle back
MAIN 2500	1:00/ 1:30/ 2:00	50x50	Freestyle (focus on turns and finishes, streamlines)
KICK 900		12x75 stroke	Kick, drill, swim (4 of each stroke—4 fly, 4 back, 4 breast)
W/D 400		400 choice	
TOTAL 5000			

2012 Menendez Swimming Practices

Week: 6

Day: Thursday (AM)

Set	Time	Distance	Workout Description
W/U 500		200 swim 50 jumping jacks 100 kick 40 squats 200 choice 1 min jump rope	
SKILL			
MAIN 1300	:30 rest :45	12x75 fly/back/ Breast 16x25	4x 25 fly, 50 free; 4x 25 back, 50 free; 4x 25 breast, 50 free Do 4 and then break (switch to dryland (Russian twists, leg lifts, abs) Sprint (4 fly, 4 back, 4 breast, 4 free) switch between strokes
SKILL 800	:30	8x100	Breath every 3,5,7, and no breath for last lap Get out after each one (pushups)
KICK 750		10x75 Kick	Squats after each one
W/D 400		400 choice	
TOTAL 3800			

2012 Menendez Swimming Practices

Week: 6

Day: Friday

Set	Time	Distance	Workout Description
W/U 1000		400 swim 300 IM order 200 pull 100	Breathing every 3,5,7,9 throughout the entire 200. 4x25 sprint
SKILL 600		4x50 4x50 1x200	Half pool 50s, streamline, swim to middle, flip turn, and swim back Mid pool 50's Perfect turns
MAIN 2000	2:15 1:00 :30 1:00 2:15	4x100 8x50 16x25 8x50 4x100	Tennessee Tumble (underwater from flags to wall, back to flags) Streamline after flip turn as far as possible Variable sprint (half fast/easy, easy/fast, all easy, all fast) Descend (strong streamline and breakout from wall) Tennessee Tumble
SKILL			
KICK 700		1x100 10x25 sprint 1x100	Kick Kick kick
W/D 400		400 choice	
TOTAL 4700			

2012 Menendez Swimming Practices

Week: 6

Day: Saturday

Set	Time	Distance	Workout Description
W/U 500		500	10 lane snake down and back 15 push ups on wall at 125 50 jumping jacks at 250
SKILL			
MAIN 2400		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)
SKILL			
KICK	15 sec kick	12x25	Blast kicks
W/D 400			Relays
TOTAL 3750			