

2012 Menendez Swimming Practices

Week: 6

Day: Tuesday

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	2:30	10x100	Tennessee Tumble
MAIN 1750	1:00 2:00 :45	10x50 free 10x100 free 10x25	Sprint second lap (no breath) Odds pull, evens free (breathing every 3,5,7,9) Odds no breath, evens distance per stroke
1200	2:30	12x100 stroke	(25 sprint, 50 drill, 25 sprint) Every 4 th is full stroke
W/D 200		200 choice	
TOTAL 5150			

2012 Menendez Swimming Practices

Week: 7

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 500	:30 rest	10x50 midpool	Midpool 50's turns practice
MAIN 2200	8:00 4:00 2:30	1x400 4x200 8x100 (1x25 after eac)	Free (focus on turns) Alternate pull, free (no breathing flags to wall) Free, last lap underwater as far as you can go (25 sprint after each one)
KICK 900		12x75 stroke	Kick, drill, swim (4 of each stroke—4 fly, 4 back, 4 breast)
W/D 200		200 choice	
TOTAL 4800			

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: 7

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			
MAIN 1750	1:00 10:00 :30 10:00 1:00	5x50 build 1x500 10x25 1x500 5x50 descend	Build freestyle Pull free, no breathing flags to wall (focus on streamlines) Odds sprint, evens distance per stroke Pull free, no breathing flags to wall (focus on streamlines) Descend freestyle
SKILL 700		1x125 fat im 1x50 1x125 fat im 1x50 1x125 fat im 1x50 1x125 fat im 1x50	50 fly, 25 back, 25 breast, 25 free 50 fly sprint 25 fly, 50 back, 25 breast, 25 free 50 back sprint 25 fly, 25 back, 50 breast, 25 free 50 breast sprint 25 fly, 25 back, 25 breast, 50 free 50 free sprint
KICK 200		8x25 sprint	
W/D 100			
TOTAL 3650			

2012 Menendez Swimming Practices

Week: 6

Day: Saturday

Set	Time	Distance	Workout Description
W/U		500	10 lane snake down and back
500			15 push ups on wall at 125 50 jumping jacks at 250
SKILL			
MAIN		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			