

3000 FR

2 x 150 Kick-DRILL-SWIM #1 choice

3 x 100 FR-IM-BEST #2 BEST

12 x [25 FAST @ 25"
25 EASY @ 35"
50 FAST @ 55"
50 EASY @ 105"

3 x [4 x 200/175/150 } 1 @ 2'45"
1 @ 2'40"
1 @ 2'35"
1 @ 2'30"
+ 1'30" REST

Boats &/or Jet Skis

Needed For Donner Lake Swim
Aug 12th

4 x 200

1 25 FR 25 REV INTD

2 50 kick - 50 2L-2R - 50 CATCH UP 50 kick

3 50 2L-2R - 50 CATCH UP - 50 FINGER DRAG - 50 SWIM

4 PULL OR SWIM FR

4 x [16/14/12 x 50
45 34 1,2
+ 100 FR @ ≤ 3'

	ODD	EVEN
16 x 45		40
14 x 50		45
12 x 55		50

10 x 50 @ 1'05" 25 FAST NF
25 FR FR

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Needed For Donner Lake Swim
Aug 12th

300

50 FR

25 REV IND

4x100

FR

#1 kick

#2 kick-DRILL

#3 DRILL

#4 DRILL-SWIM

	LN5	LN4	LN2,3	LN1
200	2'40"	2'50"/3'	3'25"/3'38"	3'40"-4'
6-8 x 2x100	1'20"	1'25"/1'30"	1'40"/1'45"	1'50"-2'
4x50	40"	45"	50"/55"	55"-1'
+				
1' REST				

Boats &/or Jet Skis

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Aug 12th

300 free-choice-14

8x50

#1 kick
#2,3 DRILL-SWIM
#4 kick
#5,6 DRILL-SWIM
#7,8 SWIM

10"-15" REST

4x [6x50 @ 1'05" } 25 sprint +
30" REST 25 easy
100 FAST @ 3'

10x [100 MOD FR @ 1'45" OR 15" REST
50 FAST choice @ 1'
PULL OR SWIM

SATURDAY 5:30-7:00 AM

Boats &/or Jet Skis

Needed For Donner Lake Swim
Aug 12th

300 free-choice IM

8x50 ODD choice } 25 DRILL
EVEN REV IMO } 25 SWIM

1x [6x50 @ 105" RND
+ 30"
200 IM @ 4']

#1 FL-BK
#2 BK-BR
#3 BR-FR
#4 1.4 FL
2.5 BK
3.6 BR

100 | 3
200 | U
300 | I
400 | L
300 | D
200 | F
100 | A
| S
| T

30" REST

SATURDAY 5:30-7:00

Boats &/or Jet Skis

Needed For Donner Lake Swim
Aug 12th

300 50 FR
25 REV IMU

6x50 ODD choice
EVEN #2 FL } 25 DRILL
#4 BL } 25 SWIM
#6 BR

6x [4x50 @ 1'05" → RND } 25 25
100 IM @ 2' } #1,4 FL-BL
#2,5 BL-BP
#3,6 BR-FR

PULL

4-6 [4x50 @ 45"/50"/55"/1' (5'-10" 25)
200 @ 3'/3'10"/3'20"/3'30... (20+ 25)

Boats &/or Jet Skis

Needed For Donner Lake Swim
Aug 12th

300 FR - choice - IM

6x50 DRILL/SWIM

{	ODD choice
	#2 BR
	#4 BR
	#6 FL

4x

{	12x25 @30" RND	{	#1 FL-BL	{	ODD EVEN
	30" REST		#2 BL-BR		
			#3 BR-FR		
	200 IM @4'30"	#4 IM @ 3			

PULL OR SWIM

16-20 x 100

{	3 FAST @ 1'20" / 1'25" / 1'30" ... ≤ 10" REST
	1 EASY @ 2'

1. Long Course Meet - Carson City
July 9th - Sign-up
This Sunday!

2. Boats & / or Jet Skis

Needed For Donner Lake Swim
Aug 12th

4x200

#1 25 FR 25 REV IND

#2 Kick-DRILL-DRILL-Kick By 50

#3 DRILL-SWIM By 50

#4 PULL OR SWIM

FR

PULL OR SWIM

12/11/10/9/8 x 100
4x + 1' REST

12x { 1 @ 1'30"
1 @ 1'25"
1 @ 1'20" } x 4

11x { 1000 @ 1'40"
even @ 1'35"

10x { 1000 @ 1'45"
even @ 1'40"

9x { 1000 @ 1'50"
even @ 1'45"

8x @ 2'

1. Regular Practice Tomorrow

2. Long Course Meet - Carson City
July 9th Sign-up

3. Boats & / or Jet Skis

Needed For Donner Lake Swim
Aug 12th

300 50 FR
25 REV IND
200 Kick - DRILL - SWIM - KICK 87 50
100 1M

4x [12 x 25 } ODD FAST @ 25'
EVEN FAST @ 35'
30" REST
100 FAST @ 2'30"

3x [4 x 200/175/100 @ 2'45"
@ 2'40"
@ 2'35"
@ 2'30"
+ 1'30" REST 50 FAST 50 FT

100-200 FAST WARM UP

1. Long Course Meet - Carson City
July 9th
This Sunday! Sign-up By
Tonight

2. Boats &/or Jet Skis

Needed For Donner Lake Swim
Aug 12th

300 free-choice - 1M
4 x 125 REV 1M0 } 25 kick
75 DRILL
25 swim

6 x [4 x 25 @ 30" } ODD FAST
2 x 50 @ 1' } EVEN FR
100 FAST @ 2' } #1 FAST
#2 FR

12 x 200 / 175 / 150

1 @ 2'50" STRONG
1 @ 2'40" STRONGER
1 @ 2'30" FAST
1 @ 3' SMOOTH } x 3

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July 9th Sign-up

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