

Friday November 19, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	12	75	15" rest	Kick 25, swim 50	X4	
				Drill, swim, drill by 25		1200
				Swim 25, kick 50		
Swim	2	125	2:05	Free	X2	
	2	125	2:00	Free		1400
			Rest 20"			
	1	200	3:00	Free		
Pull	11	150	2:15	Free	X3	
			2:20	Free	X1	
			2:10	Free	X3	1650
			2:20	Free	X1	
			2:05	Free	X3	
Cool down	2	75	1:20	Free		250
	2	50	1:00	Free		
Coach: Steve Lintz						4500

Monday November 22, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	200	15" rest	Superform EZ		
		150		Drill, swim by 25		500
		100		Build by 25		
		50		Strong		
Swim/kick	12	50				
				1:00 Free	X2	
				1:00 Non-free		600
				1:00 Choice		
				1:05 Kick flutter		
				1:05 Kick dolphin		
				1:05 Kick choice		
Swim	2	50	1:00	Free	X3	1200
	4	75	1:15	Free		
Pull	2	75	1:20	Free	X3	
	2	75	1:15	Free		1500
			Rest 15"			
	2	100	1:45	Free		
Cool down	2	50	1:00	Choice	X3	450
	2	25	30"	Choice		
Coach: Steve Lintz						4250

Tuesday November 23, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300		Free, choice, IM by 100		
	6	100	not specified	Free kick	X2	
				Free drill		
				Free swim		900
	Next set: distance, number of repeats and send off depend on your ability					
Pull or swim	1	400/350/300	5:00	Free	X4	
	12/11/10	50	40"/45"/50"	Odd		4000
			35"/40"/45"	Even		3600
			Rest <2 min			3200
Swim	20	25	25"	Odd non-free	X10	500
		25	35"	Even choice		
Cool down	1	100		Choice easy		100
						4700/5100/5500
Coach: Nenad Rodic						

Wednesday November 24, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Swim	8	100	15" rest	Superform EZ Smooth with quick turns Build by 25 First 25 breast stroke	X2	
						800
Kick	10	50	1:05	Flutter First 25 breast All breast	X3	500
				#10 EZ		
Swim	6	50	1:00	EZ free Build free First 25 breast Second 25 breast All breast EZ free	X2	
						1200
	4	75	1:20 Strong	Odd 50 breast, 25 free Even free, last 50 fast		
Pull or Swim	2	125	2:00	Smooth free	X2	
	2	100	1:30	Build free		1200
	2	75	1:15	Strong		
Swim	4	50	1:00	Odd breath X3 Even smooth		200
Coach: Steve Lintz						3900

Saturday November 27, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	400		75 free, 25 reverse IM order		
	4	100		Kick, drill, kick, swim by 25		800
				Build by 25		
				First 25 breast stroke		
Swim/kick	16	25	40"	1-6 kick	X3	
			35"	7-16 odd fast, even EZ		1350
			30"	Rest		
	1	50	1:30	All out		
Kick Swim or Pull	4	50	1:05	Kick	X3	
			10"	Rest		
	1	100/125/150	2:00	Free;choose dist. for each rep		
	1	100/125/150	1:55	Free		1800
	1	100/125/150	1:50	Free		2100
	1	100/125/150	1:45	Free		2400
			1:00	Rest		
Swim	1	100		EZ free		100
Coach: Nenad Rocic						4050
						4350
						4650

Monday November 29, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	7	100	15" rest	Superform EZ Drill/swim Smooth with quick turns Build by 25 Extra kick 2nd 50 Breath every 3rd stroke Finger drag	X1	700
Kick/swim	1	50	1:05	Kick	X8	
	1	50	1:00	Swim		800
				Descend swim 1-4, 5-8		
Swim	6	75	1:15	EZ free 1st 50 strong 2nd 50 strong All strong legs All strong arms EZ free 15" rest	X3	1650
	1	100	1:45	FAST!		
Pull or Swim	1	100	1:30	Smooth/quick turns free		
	1	75	1:15	Build 25s	X5	1250
	1	50	55"	Strong		
	1	25	35"	FAST!		
Cool down	4	50	1:00			200
Coach: Steve Lintz						4600

Saturday November 27, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set	
Warm up	1	300		Free/Choice/IM	X1		
	4	125		Kick 25		800	
				50 Catch up drill			
				25 Finger drag drill			
				25 Fist swim drill			
Pull or swim	14	300/275/250/...	Choose a distance you can make on 3:30		X1		
	1	Your distance	4:00	Build			
	4	Your distance	3:45	Descend		4200	@300
	1	Your distance	4:00	Build		3850	@275
	3	Your distance	3:40	Descend		3500	@250
	1	Your distance	4:00	Build		3150	@225
	2	Your distance	3:35	Descend		2800	@200
	1	Your distance	4:20	Build			
	1	Your distance	3:30				
Swim	16	50	1:00		X5		
	1	50	1:00	25 Fly/25 Choice			
	1	50	1:00	25 Back/25 Choice			
	1	50	1:00	25 Breast/25 Choice		800	
		50	1:00	Easy			
Coach: Nenad Rocic						5800	
						5450	
						5100	
						4750	
						4400	