

Wednesday December 1, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	7	100	15" rest	Superform EZ	X1	
				Drill/swim by 25		
				Smooth with quick turns		700
				Build by 25		
				1st 50 stronger		
				Middle 50 stronger		
				Last 50 stronger		
Kick/swim	4	125	2:10	50 kick, 75 swim	X1	
	4	125	2:10	50 smooth swim, 50 build, 25 stronger		1250
	2	125	2:10	25 smooth, 50 build, 50 fast		
Pull or Swim	1	100	1:40	Smooth/quick turns free	X3	
	1	100	1:35	Middle 50 strong		1350
	1	100	1:30	Build		
	1	150	2:30	50 build, 50 strong, 50 fast		
Cool down	1	50	1:00	Smooth	X7	
	1	50	1:00	Build		1050
	2	25	40"	Both fast except last 2 (repeat #7) EZ		
Coach: Steve Lintz						4350

Thursday December 2, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300	not specified	50 Free, 25 reverse IM		
	4	100	not specified	Free, IM, choice, IM		700
Swim	1	100	1:45	Free	X4	
	4	25	30"	IM order		
	1	100	1:45	Free		
	3	50	1:00	IM switch (Fly/back, back/breast, breast/free)		3000
	1	100	1:45	Free		
	1	200	3:45	IM		
Pull or Swim	1	100 or 75	1:30	Free	X4	
	1	100 or 75	1:25	Free		1200
	1	100 or 75	1:20	Free		900
Cool down						
						4900
						4600
Coach: Nenad Rodic						

Friday December 3, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	4	100	15" rest	Superform EZ	X1	
				Drill/swim by 25		
				1st 50 fly/back then 50 free		600
				3rd 25 breast		
	4	50		Kick: dolphin/back/breast/flutter		
	Time for set		12:00			
Swim	4	75	1:20	25 IM order/50 free	X1	
	4	75	1:20	50 IM rotation/25 free		900
	4	75	1:20	50 IM order/25 free		
	Time for set		16:00			
Swim	4	50	1:00	25 IM order/25 free	X2	
			20" rest			
	2	75	1:20	fly/back/breast by 25		1500
	4	75	1:25	IM rotation by 25 (fbb,bbf,bff,ffb)		
			20" rest			
	1	100	2:00	IM FAST!		
	Time for set		22:40			
Pull or Swim	1	125	2:00	Smooth with quick turns	X2	
	2	100	1:30	Build		1100
	3	75	1:10	Strong		
	Time for set		17:30			
Cool down	4	50	1:00	Odd breath x3		200
				Even Choice		
	Time for set		4:00			
	Total time		1:12:10	Excludes rest between sets		
Coach: Steve Lintz						4300

Saturday December 4, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300		Free, choice, IM by 100		
	6	75		25 kick/50 swim, choice		750
		Time for set	15:00			
Swim	6	50	1:00	25 fast, 25 EZ	X4	
	1	50	1:30	Smooth		1750
	1	100	2:30	Fast		
		Time for set	40:00			
Pull or Swim	4	125/100/75	1:30	Fast (distance you can make on interval)	X4	2500
	1	125/100/75	1:45	Smooth		2000
		Time for set	31:00			1500
Cool down						
		Total time	1:16:00	Excludes rest between sets		5000
						4500
Coach: Nenad Rodic						4000

Monday December 6, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	4	100	15" rest	Superform EZ	X2	
				Drill/swim by 25		
				2nd 50 extra kick		800
				Build by 25		
	Time for set		16:00			
Kick/swim	1	50	1:05	kick flutter	X2	
	1	50	1:00	swim strong legs		
	1	50	1:05	kick dolphin		
	1	50	1:00	swim strong arms		
	1	50	1:05	kick choice		600
	1	50	1:00	swim strong		
	Time for set		12:30			
Swim	1	50	1:05	smooth recovery	X3	
	1	50	1:00	build		
	1	50	:55	1st 25 strong		1200
	1	50	:50	2nd 25 strong		
	1	50	:45	Strong		
	1	75	1:20	smooth recovery		
	1	75	1:20	Fast!		
	Time for set		19:45			
Pull or Swim	1	100	1:35	Build	X3	
	1	100	1:35	Build		
	1	100	1:30	Strong last 50		
	1	100	1:30	Strong last 50		1500
	1	100	1:45	Strong last 75		
			Rest 20"			
	Time for set		24:45			
Cool down	1	50	1:00	Odd breath x3	X4	200
				Even Choice		
	Time for set		8:00			
	Total time		1:11:00	Excludes rest between sets		
Coach: Steve Lintz						4300

Tuesday December 7, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300		50 Free, 25 reverse IM order		
	4	125		25 kick		
				25 2 left arm, 2 right arm		800
				25 catch up drill		
				25 finger drag drill		
				25 Fist swim		
		Time for set	16:00			
Pull or Swim	1	400/350/300	5:00	Distance you can make on interval	X5	
	1	300/275/250	3:45	Distance you can make on interval		5000
	1	200/175/150	2:30	Distance you can make on interval		4500
	1	100	2:30	Smooth/EZ		4000
		Time for set	1:08:45			
		Total time	1:24:45	Excludes rest between sets		5800
						5300
Coach: Nenad Rodic						4800

Wednesday December 8, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	100	15" rest	#1 Superform EZ	X7	
				#2 Drill/swim by 25		
				#3 Build 2nd 50		
				#4 1st & last 25 back		1050
				#5 1st 50 back		
				#6 Last 50 back		
				#7 Build by 25		
	1	50	10"	Alternating with above		
	Time for set		21:00			
Swim	1	75	1:20	Free smooth	X3	
	1	75	1:20	1st 50 back		
	1	75	1:20	Last 50 back		1500
	1	75	1:20	All back		
	1	100	1:45	Smooth free		
	1	100	1:45	Strong back		
	Time for set		24:30			
Pull or Swim	1	50	55"	Smooth	X3	
	1	50	55"	1st 25 strong		
	1	50	55"	2nd 25 strong		
	1	50	55"	All strong		1050
	1	75	1:15	Smooth		
		75	1:15	Strong		
	Time for set		24:45			
Cool down	1	50	1:00	Odd breath x3 or x5	X7	700
	1	50	1:00	Even Choice		
	Time for set		8:00			
	Total time		1:11:00	Excludes rest between sets		
Coach: Steve Lintz						4300

Thursday December 9, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	200		50 Free, 25 reverse IM order		
	6	100		#1,4 Free		
				#2,5 Choice		800
				#3,6 IM		
				25 finger drag drill		
				25 Fist swim		
		Time for set	10:00			
Swim	1	100	1:45	IM	X8	
	6	25	30"	#1,5 Fly		
				#2,6 Back		1800
				#3,7 Breast		
				#4,8 Free		
Pull or Swim	1	200/175/150	2:30	Distance you can make on interval	X4	
	6 or 5	50	45" or 55"			2000
			Rest 1'			1900
						1600
		Time for set	1:08:45			
		Total time	1:24:45	Excludes rest between sets		4600
						4500
Coach: Nenad Rodic						4200

Friday December 10, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	500		Drill every 3rd lap	X1	500
	Time for set		10:00			
Swim	5	50	1:05	Kick, 2 & 4 dolphin	X1	
	5	50	1:00	25 smooth, 25 build		750
	5	50	7:00	25 build, 25 strong		
	Time for set		15:00			
Swim	4	75	1:15	Descend	X2	
	3	100	1:30	2nd 50 stronger		1700
	2	125	2:00	Last 75 fast		
	Time for set		27:00			
Pull or Swim	1	200	3:00	75 smooth, 75 build, 50 stronger	X2	
	2	150	2:15	Smooth, build, strong by 50		1600
	3	100	1:30	25 smooth, 50 build, 25 fast		
	Time for set		24:00			
Cool down	5	50	1:00	Odd choice	X1	250
				Even breath every 3rd stroke		
	Time for set		5:00			
	Total time		1:21:00	Excludes rest between sets		
Coach: Steve Lintz						4800

Saturday December 11, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300		50 Free, 25 reverse IM order		
	2	150		#1 Free		
				#2 Choice		900
	6	50		Odd kick, descend 1, 3, 5		
				Even Swim descend 2, 4, 6		
			Rest 10"			
		Time for set	18:00			
Swim	8	50	1:00	25 fast, 25 EZ, #1 & #3	X4	1600
				Odd build free, Even fast choice, #2 & #4		
		Time for set	32:00			
Pull or Swim	4	200/175/150	2:45	Distance you can make on shortest interval	X3	
			2:40			2400
			2:35			2100
			2:30			1800
		Time for set	31:30			
		Total time	1:21:30	Excludes rest between sets		4900
						4600
Coach: Nenad Rodic						4300

Monday December 13, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	200	Rest 15"	Superform	X1	
	1	150		Drill/swim by 25		500
	1	100		100 build		
	1	50		50 stronger		
	Time for set		10:00			
Swim/kick	4	50	1:00	25 no board kick/25 swim	X1	
	4	50	55"	2nd 25 extra kick		600
	4	50	50"	2nd 25 stronger		
	Time for set		11:00			
Swim	5	75	1:15	#1 EZ	X2	
				#2 1st 25 strong		
				#3 2nd 25 strong		1150
				#4 3rd 25 strong		
				#5 EZ		
	2	100	1:40	#1 build & quick turns, #2 Fast		
	Time for set		19:10			
Pull or Swim	5	100	1:35	#1 quick turns, build	X3	
			1:35	#2 quick turns, build		1500
			1:30	#3 2nd 50 stronger		
			1:30	#4 2nd 50 stronger		
			1:40	#5 EZ		
	Time for set		21:30			
Cool down	10	50	1:00	1,4,7 non-free	X1	
				2,5,8 breath every 3rd stroke		500
				3,6,9 choice		
				10 EZ		
	Time for set		10:00			
	Total time		1:11:40	Excludes rest between sets		
Coach: Steve Lintz						4250

Tuesday December 14, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	7	100	Rest 15"	Smooth		
				Distance per stroke		
				Build		
				Free		700
				Third lap breast		
				Second lap back		
				First lap fly		
		Time for set	14:00			
Swim/kick	12	50	1:05	Flutter, dolphin, breast by 50	X1	
			1:00	1st 25 fly, back, breast by 50		600
		Time for set	12:30			
Swim	4	75	1:20	Fly, back, breast	X3	
Fins ok				Back, breast free		
				Breast, free, fly		
				Free, fly, back		1500
			Rest 20"			
	2	100	1:50	Strong IM		
				Strong choice		
		Time for set	28:00			
Swim or Pull	1	125	2:00	Quick turns	X2	
	2	100	1:30	Build		1100
	3	75	1:15	Strong		
		Time for set	11:30			
		Total time	1:06:00	Excludes rest between sets		3900
Coach: Steve Lintz						

Wednesday December 15, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300	Rest 15"	Smooth, long streamline		
	1	200		Distance per stroke		600
	1	100		Build		
		Time for set	12:00			
Swim/kick	10	50	1:05	Kick descend	X1	
			1:00	Swim descend		500
		Time for set	10:50			
Swim	1	300	4:30 or 4:15	Build by 100	X3	
	1	250	3:45 or 3:20	Strong last 100		2250
	1	200	3:00 or 2:45	Build by 50		
		Time for set	33:45			
Swim or Pull	4	125	1:50	Descend	X2	
			Rest 20"			1400
	1	200	3:00	Strong		
		Time for set	11:20			
		Total time	1:07:55	Excludes rest between sets		4750
Coach: Steve Lintz						

Coach: Steve Lintz

Thursday December 16, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	3	200		Free, choice, IM		600
		Time for set	12:00			
Pull or swim		300/250	3:45		X5	
	4	125/100	1:30			
			Rest 15"	Optional 6th round adds 10:00, 650-800 yards		3250
		Time for set	50:00			4000
		Total time	1:02:00	Excludes rest between sets		3850
						4600
Coach: Nenad Rodic						

Monday December 20, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	200	Rest 15"	Superform, EZ	X1	
	2	150		Kick flutter, dolphin, choice by 50		
				Drill, swim by 25		
	3	100		Build		1000
				Kick build		
				Swim, quick turns		
	4	50		Second 25 strong		
	Time for set		22:00			
Swim	4	50	1:00	Breath every third stroke	X1	
	4	50	55"	First 25 strong		600
	4	50	50"	Second 25 strong		
	Time for set		11:00			
Swim	6	50	55"	Smooth	X3	
				Quick turn		
				First 25 strong		
				Deep end strong		1350
				Second 25 strong		
				EZ		
			Rest 15"			
	2	75	1:15	Fast		
	Time for set		24:45			
Pull or Swim	4	75	1:15	#1 quick turns	X3	
				#2 First 25 strong		
				#3 Second 25 strong		1500
				#4 Third 25 strong		
			Rest 20"			
	2	100	1:35	25 smooth, 50 build, 25 fast		
	Time for set		25:10			
Cool down	3	50	1:00	EZ	X1	150
	Time for set		3:00			
	Total time		1:11:40	Excludes rest between sets		
Coach: Steve Lintz						4600

Thursday December 21, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300		Alternate 50 free/25 rev IMOrder		
	4	125		25 kick, 25 2-left/2-rt, 50 catchup, 25 fist		800
		Time for set	16:00			
Pull or swim	20	250/225/200/175		LN-8: 250; LN-6&7: 200/225; LN-5: 200	X1	
				LN-4: 175/200		
	1		4:00	Build		
	5		3:00	Descend 1-5 at 75 - 85%		
	1		4:00	Build		
	4		3:00	Descend at 80 - 90%		5000
	1		4:00	Build		4500
	3		3:00	Descend at 85 - 90%+		4000
	1		4:00	Build		3500
	2		3:00	Descend at 90 - 95%		
	1		4:00	Build		
	1		3:00	At 100%		
		Time for set	1:05:00			
		Total time	1:21:00	Excludes rest between sets		5800
						5300
Coach: Nenad Rodic						4800
						4300

Wednesday December 22, 2021						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	150	Rest 15"	Superform, EZ	X2	
	2	100	Rest 15"	Drill, swim by 25		1000
	3	50	Rest 10"	Kick		
	Time for set		21:00			
Swim	2	75	1:15	1. smooth; 2. quick turns	X4	
	2	50	55"	Second 25 strong		1200
	2	25	35"	Fast		
	Time for set		22:00			
Pull or swim	4	75	1:15	Smooth	X3	
				First 25 strong		
				Second 25 strong		
				All strong		
	3	50	1:00	Breath every 3rd stroke		1950
			55"	1st 25 strong		
			50"	2nd 25 strong		
	2	100	1:45	Smooth		
				Strong		
	Time for set		33:15			
	Total time		1:16:15	Excludes rest between sets		
Coach: Steve Lintz						4150

Thursday December 23, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300		Free, choice, IM		
	2	150		Fly, back, breast drill/swim by 25		
	3	100		#1 kick choice		900
				#2 swim choice		
				#3 swim IM		
		Time for set	18:00			
Swim	10	50	55"	Free	X3	
			1:00	Fly/back		
			1:05	Fly		
			55"	Free		
			1:00	Back/breast		1500
			1:05	Back		
			55"	Free		
			1:00	Breast/free		
			1:05	Breast		
			2:00	EZ		
		Time for set	33:00			
	4	50	1:05	Kick	X3	
			Rest 10"			
	4	150/125	2:00	Pull or swim		
			Rest 30"			2400
		Time for set	25:00			2100
		Total time	1:16:00	Excludes rest between sets		4800
						4500
Coach: Nenad Rodic						

Friday December 24, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	7	100	Rest 15"	Superform, EZ	X1	
				Quick turns		
				Extra kick		
				1st 50 breast		700
				1st 50 back		
				1st 50 fly		
				All IM		
	Time for set		14:00			
Kick	8	50	1:05	2 each stroke	X1	400
	Time for set		8:40			
Swim	4	50	1:00	1st 25 IM order	X3	
	4	75	1:20	1st 50 IM rotation, last 25 free		1800
			Rest 20"			
	1	100	1:45	IM strong		
	Time for set		34:15			
Pull or Swim	3	125	2:00	Descend	X2	1350
	2	150	2:20	Smooth, build, fast by 50		
	Time for set		21:20			
Cool down	4	50	1:00	Odd: breath x3; even:1st 25 non-free	X1	200
	Time for set		4:00			
	Total time		1:22:15	Excludes rest between sets		
Coach: Steve Lintz						4450

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	5	100	Rest 15"	Superform, EZ	X1	
				Drill, swim by 25		
				Drill, swim by 25		500
				Last 25 strong		
				1st and last 25 non-free		
	Time for set		10:00			
Kick	8	50	Rest 10"	Odd flutter	X1	400
				Even 1st 25 dolphin		
	Time for set		10:00			
Swim	6	50	1:00	#1 and #2 smooth	X4	
			55"	#3 and #4 build		
			50"	#5 and #6 strong		1600
			Rest 15"			
	1	100	1:45	Fast		
	Time for set		22:30			
Pull or Swim	4	125	2:10	Smooth	X2	
			2:05	Last 25 strong		1000
			2:00	Last 50 strong		
			1:55	Last 75 strong		
	Time for set		16:20			
Cool down	2	50	1:05	EZ	X4	
			1:00	Quick turn		600
	2	25	:40	Strong		
			:35	Free		
	Time for set		13:40			
	Total time		1:12:30	Excludes rest between sets		4100
Coach: Steve Lintz						

Coach: Steve Lintz

Tuesday December 28, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	4	200		#1 25 Free, 25 Reverse IM Order		
				#2 Free 25 kick, 25 Drill		
				#3 Free 25 Drill, 25 Swim		800
				#4 Free Swim or Pull		
		Time for set	16:00			
Swim	4	200/175/150	2:45	Free	X5	
			2:40	Free		4000
			2:35	Free		3500
			2:30	Free		3000
			Rest 1:30	Optional 50 EZ		Add 200 if option
		Time for set	42:00			
	16	25	25"	Odd non-free fast		
			30"	Even Choice smooth		400
		Time for set	7:20			
		Total time	1:05:20	Excludes rest between sets		5200
						4700
Coach: Nenad Rodic						4200

Wednesday December 29, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	4	100	Rest 15"	Superform, EZ	X1	
				Drill, swim by 25		
				Drill, swim by 25		400
				Build		
Kick	4	50	Rest 10"	Flutter	X2	
				Breast		400
				Breast		
				Dolphin		
Swim	4	50	Rest 10"	First 25 Fly	X1	
				First 25 Back		
				First 25 Back		200
				First 25 Breast		
Time for set			22:00			
Swim	10	50	1:00	1-3 First 25 Fly	X3	
				4-6 First 25 Back		
				7-9 First 25 Breast		
				10 Free		
Swim fins OK	6	50	1:00	1-3 25 IM Order/25 Free		3000
				4-6 25 Free/25 IM Order		
			Rest 15"			
	2	100	1:45	1. IM Strong		
				2. Choice Strong		
Time for set			59:15			
Cool down	1	50		EZ		50
Time for set			1:00			
Total time			1:21:15	Excludes rest between sets		4050
Coach: Steve Lintz						

Thursday December 30, 2021

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300		Free, Choice, IM		
	4	100		Reverse IM Order: 25 kick, 50 drill, 25 swim		700
		Time for set	14:00			
Swim	4	50	1:00	25 Free/25 Back	X8	
				25 Back/25 Breast		
				25 Breast/25 Free		2400
				50 IM Order		
	1	100	1:45	IM		
		Time for set	46:00			
Pull or Swim	4	125/100	1:35	Free Descend First 3 100's	X4	
			1:30			2000
			1:25			1600
			1:45	Fourth Free Moderate		
		Time for set	20:15			
		Total time	1:20:15	Excludes rest between sets		5100
						4700
Coach: Nenad Rodic						