Monday January 3, 2022						
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up		100	Rest 10"	Superform		
		75		Drill/Swim/Drill by 25	X2	500
		50		Build		
		25		Kick		
		Time for set	10:00			
Swim	4	50	1:00	Breath every 3rd stroke, long & smooth		
				First 25 strong	X3	600
				Deep end strong		
				Second 25 strong		
		Time for set	12:00			
Kick/swim	1	75	1:40	Kick #1 Flutter, #2 1st 25 dolphin		
				#3 2nd 25 dolphin, #4 3rd 25 dolphin	X4	500
	1	50	1:00	Swim smooth		
		Time for set	10:40			
Swim	10	50	1:00	Descend 1-5, 6-10		
	1	100	1:45	EZ, long & smooth recovery		
	8	50	55"	Turn plus 2nd 25 strong		
	1	100	1:45	EZ, long & smooth recovery		1800
	6	50	50"	First 25 fast		
	1	100	1:45	EZ, long & smooth recovery		
	4	50	45"	All fast		
	1	100	1:45	EZ, long & smooth recovery		
		Time for set	32:20			
Pull or Swim	3	100	1:35	Smooth		
			1:30	Build		1000
			1:25	Strong	X3	
			Rest 15"			
	1	100	1:45	EZ		
		Time for set	16:00			
		Total time	1:21:00			
Coach: Steve Lintz						**3900**

Tuesday January 4, 2022

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		
	4	25	30"	IM order		
	1	100	1:45	Free		
	3	50	1:00	IM switch (Fly/back, back/breast, breast/free)	X4	3000
	1	100	1:45	Free		
	1	200	3:45	IM		
Pull or Swim	1	100 or 75	1:30	Free		
	1	100 or 75	1:25	Free	X4	1200
	1	100 or 75	1:20	Free		900
Cool down						
						4900
						4600
Coach: Nenad Rodic						

				Wednesday January 5, 2022		
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up	7	100	Rest 15"	Superform, EZ		
				Drill/swim by 25 catch up, fist		
				Long streamlines and quick turns		
				2nd 50 extra kick		700
				1st & 4th 25 fly		
				1st 50 fly		
				EZ free		
		Time for set	14:00			
Swim	4	50	1:00	Smooth free		
				1st 25 fly technique	X4	800
				2nd 25 fly with strong kick		
				All fly		
		Time for set	16:00			
Swim	3	50	1:00	1. Smooth free		
				2. 25 fly/25 2-2-2 fly drill (2R/2L/2both)	X4	
				3. EZ free		
	1	Set 1 - 4	30"	Set 1: 25 fly strong		850
			1:00	Set 2: 50 fly strong		
			1:20	Set 3: 75 fly strong		
			1:40	Set 4: 100 fly strong		
				Rest 15" after sets 2 and 3		
		Time for set	29:15			
Pull or Swim	3	125	2:00	Last 25 strong/last 50 str/last 75 str	X3	
	3	75	1:15	All last 50 strong		1800
		Time for set	16:30			
Cool down	4	50	1:00	Odd 1st 25 non-free		200
				Even choice		
		Time for set	4:00			
		Total time	1:19:45			
Coach: Steve Lintz						**4350**

Thursday January 6, 2022

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300	not specified	Free, choice, IM by 100		
	4	125	not specified	Reverse IM order: 25 kick, 75 drill, 25 swim		800
		Time for set	16:00			
Swim	12	25	30"	1. fly/back, 2. back'breast, 3. breast/free,		
				4. 25's in IM order; repeat 1-4 3 times	X4	2000
			Rest 30"			
		200	4:30	IM		
		Time for set	44:00			
Pull	4	150/125/100	1:55	Free		2250
	1	150/125/100	2:20	Free	X3	1875
		Time for set	30:00			1500
		Total time	1:30:00			
						5050
						4675
Coach: Nenad Rodic						**4300**

Friday January 7, 2022						
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up		100	Rest 10"	1.Superform 2. Build		
				3. Quick Turns 4. Extra kick		
		75		Mid 25 drill: 1. Catch-up 2. Fist	X4	1000
				3. Finger drag 4. Finish with flip		
		50		1. Free 2. Back 3. Breast 4. 1st 25 fly		
		25		Kick: 1. Flutter 2. Dolphin		
				3. Choice 4. Flutter		
		Time for set	20:00			
Swim	3	75	1:15	Free last 25 strong		
			1:15	Free last 50 strong	X3	750
			1:20	First 50 non-free		
	1	75		Choice		
		Time for set	13:30			
Kick/swim	1	75	1:40	Kick #1 Flutter, #2 1st 25 dolphin		
				#3 2nd 25 dolphin, #4 3rd 25 dolphin	X4	500
	1	50	1:00	Swim smooth		
		Time for set	10:40			
Swim	10	50	1:00	Descend 1-5, 6-10		
	1	100	1:45	EZ, long & smooth recovery		
	8	50	55"	Turn plus 2nd 25 strong		
	1	100	1:45	EZ, long & smooth recovery		1800
	6	50	50"	First 25 fast		
	1	100	1:45	EZ, long & smooth recovery		
	4	50	45"	All fast		
	1	100	1:45	EZ, long & smooth recovery		
		Time for set	32:20			
Pull or Swim	3	100	1:35	Smooth		
			1:30	Build		1000
			1:25	Strong	X3	
			Rest 15"			
	1	100	1:45	EZ		
		Time for set	16:00			
		Total time	1:21:00			
Coach: Steve Lintz						**4050**

**Saturday January 8, 2022**

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300	not specified	50 free, 25 reverse IM order		
	6	75	not specified	1&4 kick, 2&5 choice, 3&6 fly/back/breast		750
		Time for set	14:00			
Swim	16	25	25"	Odd fast		
			35"	Even EZ		
			Rest 30"		X3	1500
		100	2:30	Fast		
				1. free, 2. choice, 3. best		
		Time for set	27:00			
Pull	4	200/175/150	2:45	Descend time		
	1	200/175/150	3:00	Moderate		
	3	200/175/150	2:40	Descend time		2600
	1	200/175/150	3:00	Moderate		2275
	2	200/175/150	2:30	Descend time		1950
	1	200/175/150	3:00	Moderate		
	1	200/175/150		All out		
		Time for set	33:00			
		Total time	1:14:00			
						4850
						4525
Coach: Nenad Rodic						**4200**

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
				Monday January 10, 2022		
Warm up	1	50		1. superform, 2. Build		
				3. Quick turns, 4. Stronger	X4	500
	1	75		25 kick/50 swim: 1. flutter/smooth,		
				2. dolphin/build, 3. choice/strong,		
				4. flutter/smooth		
		Time for set	12:00			
Swim	3	75	1:20	1. 1st 25 drill: catch up		
				2. 2nd 25 drill: fist		
				3. 3rd 25 drill: finger drag	X4	1300
	2	50	1:00	1. 1st 25 strong		
				2. 2nd 25 strong		
		Time for set	24:00			
Swim	4	50	1:05	Smooth breath every 3rd stroke		
			1:00	2nd 25 strong		
			55"	1st 25 strong		
			50"	All strong	X2	1000
	4	75	1:15	1. Smooth recovery		
				2. Quick turns		
				3. Last 50 strong		
				4. All strong		
		Time for set	17:40			
Pull or Swim	2	100	1:30	1. Build with quick turns		
				2. 2nd 50 stronger		
	4	50	1:00	1. Smooth		1200
				2. 1st 25 strong	X3	
				3. 2nd 25 strong		
				4. All strong		
		Time for set	21:00			
Cool down	3	50	1:00	Choice		150
		Time for set	3:00			
		Total time	1:17:40			
Coach: Steve Lintz						**4150**

Tuesday January 11, 2022

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300	not specified	50 Free, 25 reverse IM order		
	4	125	not specified	Free: kick, 2left/2rt, catch up, finger drag,		800
				fist by 25		
		Time for set	16:00			
Pull	1	300/250	4:00	Free		
	4	150/125/100	2:00	Free		4500
			1:55		X5	3750
			1:50			3250
			1:45			
			Rest 1:30			
		Time for set	30:00			
		Total time	1:21:00			
						5300
						4550
Coach: Nenad Rodic						**4050**

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Wednesday January 12, 2022						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up		200		Superform EZ		
		175		100 build/75 catch up		750
		150		By 50 build, strong, kick		
		125		50 smooth, 50 bouild, 25 strong		
		100		Long & smooth		
		Time for set	14:30			
Swim/kick		50	1:05	Kick odd-flutter/even-non-flutter	X5	500
		50	1:00	Swim odd-1st 25 strong/even 2nd 25 str		
		Time for set	10:55			
Swim	3	100	1:30	Descend time	X2	
	2	125	2:00	Last 50 strong		1250
	1	150	2:15	Last 75 strong		
		Time for set	21:30			
Pull or Swim	11	150/125	2:15	1-4 Descend time		
			2:20	5 Long & smooth		1650
			2:10	6-8 Build		
			2:20	9 Long & smooth		
			2:05	10-11 Strong		
		Time for set	20:20			
Cool down		50	1:00	1. 2nd 25 extra kick	X3	
				2. 1st 25 accelerate/2nd 25 smooth		450
				3. 1st 25 non-free		
		Time for set	9:00			
		Total time	1:16:15			
Coach: Steve Lintz						**3850**

Thursday January 13, 2022

Activity	Count	Distance	Interval	Stroke				Distance per set
Warm up	1	300	not specified	50 free, 25 reverse IM order				
	6	75	not specified	Odd free, even fly/back/breast				750
		Time for set	15:00					
Swim				**1&5**	**2&6**	**3&7**	**4&8**	
		25	30"	Fly	Back	Breast	Free	
		50	55"	Fl/Bk	Bk/Br	Br/Fr	Fr/Fl	2000
		75	1:20	Fl/Bk/Br	Bk/Br/Fr	Br/Fr/Fl	Fr/Fl/Bk	
		100	1:45	IM	Bk/Br/Fr/Fl	Br/Fr/Fl/Bk	Fr/Fl/Bk/Br	
		Time for set	28:00					
Pull or swim	5	125/100/75	1:30		Descend time			
	1	125/100/75	1:45		Moderate			
	4	125/100/75	1:30		Descend time			2600
	1	125/100/75	1:45		Moderate			2275
	3	125/100/75	1:30		Descend time			1950
	1	125/100/75	1:45		Moderate			
	2	125/100/75	1:30		Descend time			
	1	125/100/75	1:45		Moderate			
	1	125/100/75	1:30		Strong			
	1	125/100/75	1:45		Easy			
		Time for set	31:15					
		Total time	1:14:15					
								5350
								5025
Coach: Nenad Rodic								4700

				Friday January 14, 2022			
Activity	**Count**	**Distance**	**Interval**	**Stroke**		**Repeat**	**Distance per set**
Warm up	7	100	Rest 15"	Superform EZ			
				Drill/Swin by 25			
				Build, 1st 50 breath every 3rd stroke			
				1st 50 back		X2	
				Mid 50 back			700
				Last 50 back			
				Smooth			
		Time for set	14:00				
Swim	4	50	1:05	Kick: 1-flutter, 2-back, 3-choice			
			1:00	Back build		X3	600
			1:00	Back 2nd 25 strong			
			1:00	Back 1st 25 strong			
		Time for set	12:15				
Swim	4	50	1:00	EZ free			
				Back 1st 25 strong			
				Back 2nd 25 strong			
				Free		X4	1600
			Rest 15"				
	2	100	1:45	Back strong			
				Choice strong			
		Time for set	31:00				
Pull or Swim	1	150	2:15	Smooth, quick turns			
	2	100	1:30	Build		X3	1500
	3	50	55"	Strong			
		Time for set	24:30				
		Total time	1:21:45				
Coach: Steve Lintz							**4400**

Saturday January 15, 2022						
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up	1	300	not specified	EZ Free		
	4	100	Rest 10"	25 free, 25 catch-up, 25 finger drag, 25 free		700
		Time for set	14:00			
Swim	16	50	0:55	1-4 25 strong, 25 EZ		
				5-8 25 EZ, 25 strong		800
				9-12 12.5 EZ, 25 strong, 12.5 EZ		
				13-16 12.5 strong, 25 EZ, 12.5 strong		
		Time for set	14:40			
Kick	8	75	0:25	25 sprint flutter		
			1:15	50 EZ choice		600
		Time for set	13:20			
Swim		100	1:50	75 EZ, rest 10"; 25 strong		
		100	1:50	50 EZ, rest 10"; 50 fast		
		100	1:50	25 EZ, rest 10"; 75 sprint	X2	1000
		100	2:00	EZ		
		100	2:00	All out		
		Time for set	19:00			
Pull or swim		200	2:50			
		150	2:10			1000
		100	1:30		X2	
		50	1:00			
		Time for set	15:00			
Warm down	4	50	1:00	Alternate back/free		200
		Time for set	4:00			
		Total time	1:16:00			
						4300
Coach: Pete Schouweiler						

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Monday January 17, 2022						
Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up		100	Rest 10"	Superform		
		75		Drill/Swim/Drill by 25		
		50		Kick	X4	1000
		25		Dist. per stroke, streamline,		
				extra kick, count strokes		
		Time for set	20:00			
Swim	4	50	1:05	Non-free		
			1:00	Smooth		800
			55"	Build	X4	
			50"	strong		
		Time for set	15:20			
MLK set		100	1:50	IM or non-free		
		100	1:35	Free	X5	1000
				Descend 1 through 5		
		Time for set	17:05			
Pull or Swim		150	2:15			
		125	2:00	Round 1		
		100	1:30			
		125	2:00			
		100	1:30	Round 2		
		75	1:15			1050
		100	1:30			
		75	1:15	Round 3		
		50	55"			
		75	1:15			
		50	55"	Round 4		
		25				
		Time for set	17:55			
Cool down	9	50	1:00	Odd: Breath every 3rd or 5th stroke		450
				Even: choice		
		Time for set	9:00			
		Total time	1:19:20			
Coach: Steve Lintz						**4300**

				Tuesday January 18, 2022			
Activity	**Count**	**Distance**	**Interval**	**Stroke**		**Repeat**	**Distance per set**
Warm up	1	300	not specified	50 Free, 25 reverse IM			
	4	125	not specified	25 kick, 50 2strokes L-2R, 25 catchup, 25 fist			800
		Time for set	16:00				
Pull or Swim		400/350/300	5:00	Free			4800
	4	200/175/150	2:30	Free		X4	4200
			Rest 1:00				3600
		Time for set	1:04:00				
		Total time	1:20:00				
							5600
							5000
Coach: Nenad Rodic							**4400**

				Wednesday January 19, 2022		
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up	7	100	Rest 15"	Superform EZ		
				Drill/swim by 25		
				2nd 50 extra kick		
				Quick turns		700
				1st 50 breast		
				mid 50 breast		
				last 50 breast		
		Time for set	14:00			
Swim/kick		50	1:05	25 drill/swim breast		
				Drills: 1. 5,4,3,2,1 second glide after kick		
				2. One arm Left 12.5 yds, right 12.5	X2	500
				3. Kick, arms at sides		
				4. Distance per stroke (count strokes)		
				5. Build		
		Time for set	10:50			
Swim		25	30"			
		50	1:00			
		75	1:20		X4	1400
			Rest 20"			
	2	100	1:50	1. Breast, 2. Choice both fast		
		Time for set	27:20			
Pull or Swim	3	125	2:00	Descend time		
	2	100	1:30	25 smooth, 75 build	X3	1950
	1	75	1:15	Recovery & rest		
		Time for set	30:45			
		Total time	1:22:55			
Coach: Steve Lintz						**4550**

				Thursday January 20, 2022		
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up	1	400	not specified	Free, choice, free, IM by 100		
	4	100	not specified	Reverse IM order 25 no board kick,		800
				50 drill, 25 swim		
		Time for set	16:00			
Swim		50	1:00	Free		
		25	0:30	Fly		
		50	1:00	Free		
		50	:55	Fly/back	X6	2700
		50	1:00	Free		
		75	1:20	Fly/back/breast		
		50	1:00	Free		
		100	1:45	IM		
		Time for set	51:00			
Swim	3	100	1:25 or rest 10"	Free	X3	1200
	1	100	1:45 or rest 20"	Free		
		Time for set	18:00			
		Total time	1:25:00			
						4700
Coach: Nenad Rodic						

Friday January 21, 2022

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	200	Rest 15"	Superform		
	2	150	Rest 15"	Drill/swim/drill by 50		1000
	3	100	Rest 15"	1. extra kick, 2. quick turns, 3. build		
	4	50	Rest 10"	Kick		
		Time for set	20:00			
Swim	3	75	1:15	1. smooth, 2. build, 3. last 50 fast	X3	750
	1	75		#10 EZ		
		Time for set	12:30			
Swim	3	125	2:00	Descend time	X3	1650
	1	175	2:45	Last 50 fast		
		Time for set	26:15			
Pull or swim	3	125	2:05	1. Recovery	X3	1250
			2:00	2. Build		
			1:55	3. Last 75 strong		
	1	125		10. EZ		
		Time for set	20:00			
Cool down	3	50	1:00	EZ		150
		Time for set	3:00			
		Total time	1:21:45			**4800**
Coach: Steve Lintz						

Saturday January 22, 2022

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	1	300	not specified	Free, choice, IM by 100		
	3	100	not specified	1. Kick/drill by 50		900
				2. Drill/swim by 50		
				3. IM		
	4	75	not specified	Kick/drill/swim by 45 reverse IM order		
		Time for set	18:00			
Swim	16	25	25"	Odd fast		
			35"	Even EZ	X4	
			Rest 30"			1800
		50	1:30	All out		
		Time for set	27:00			
Pull	1	200/175/150	3:00	Moderate		
	3	200/175/150	2:40	Descend time (80 - 90%)		2000
	1	200/175/150	3:00	Moderate		1750
	2	200/175/150	2:30	Descend time (90 - 95%)		1500
	1	200/175/150	3:00	Moderate		
	1	200/175/150		All out		
	1	200/175/150		EZ warm down		
		Time for set	28:00			
		Total time	1:13:00			
						4700
						4450
Coach: Nenad Rodic						**4200**

Monday January 24, 2022

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up		225		200 Superform, rest 15", 25 kick, rest 10"		
		200		Drill/Swim by 25, rest 15", 50 kick, rest 10"		
		175		100 build, rest 15", 75 kick, rest 10"		750
		150		50 strong, rest 15", 100 kick, rest 10"		
		Time for set	15:00			
Swim	4	50	1:05	Kick, dolphin/flutter by 25		
			1:00	Swim 1st 25 non-free	X4	800
			55"	Build		
			50"	Swim 2nd 25 strong		
		Time for set	15:20			
Swim	6	50	:55	Odd smooth breath every third stroke		
				Even Strong		
			Rest 15"	Free	X3	1400
	2	100	1:45	1. Build choice		
				2. Fast choice		
		Time for set	37:00			
Pull or Swim	2	100	1:30	1. Smooth		
				2. Build	X4	1500
			Rest 10"			
	2	75	1:10	Fast		
		Time for set	16:30			
Cool down	1	50	1:00	EZ		50
		Time for set	1:00			
		Total time	1:24:50			
Coach: Steve Lintz						4500

Tuesday January 25, 2022

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up		300		50 free, 25 reverse IM order		
	4	125		25 kick, 75 drill, 25 swim reverse IM order		800
		Time for set	16:00			
Swim	6	150/125/100	1:55	2 times		4750
			1:50	2 times	X5	4000
			1:45	2 times		3250
	1	50	2:00	EZ		
		Time for set	1:05:00			
		Total time	1:20:00			**5550**
						4800
Coach: Nenad Rodic						**4050**

Wednesday January 26, 2022

Activity	Count	Distance	Interval	Stroke	Repeat	Distance per set
Warm up	7	100	Rest 15"	Superform EZ		
				Quick turns		
				2nd 50 extra kick		
				1st fist		700
				1st finish with a flip of the hand		
				1st 25 finger drag		
				Build		
		Time for set	14:00			
Swim	4	50	1:00	Long and smooth		
				1st 25 strong	X3	
				2nd 25 strong		600
				All strong		
		Time for set	12:00			
Swim	4	100	1:40	Smooth		
			1:35	Breath every third stroke		
			1:30	Build	X3	1650
			1:25	Last 50 strong		
			Rest 20"			
	1	150	2:30	Build/strong/fast by 50		
		Time for set	27:00			
Pull or Swim		200	3:00	Smooth with quick turns		
		200	2:55	2nd 100 stronger	X2	1200
		200	2:50	75 moderate, 75 build, 50 strong		
Cool down	3	50	1:00	1. smooth		
				2. build	X3	600
				3. EZ		
	2	25	:30	Fast		
		Time for set	30:45			
		Total time	1:22:55			
Coach: Steve Lintz						**4750**

				Thursday January 27, 2022		
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up	1	300	not specified	50 free, 25 in reverse IM order		
	4	125	not specified	25 kick, 75 drill, 25 swim reverse IM order		800
		Time for set	16:00			
Swim	8	50	1:00	Round 1: all fly/back		
			Rest 30"			
	1	100	2:30	IM		
	8	50		Round 2: all back/breast		
			Rest 30"			
	1	100	2:30	IM		2000
	8	50		Round 3: all breast/free		
			Rest 30"			
	1	100	2:30	IM		
	8	50		Round 4: IM order X2		
			Rest 30"			
	1	100	2:30	IM		
		Time for set	44:00			
Pull or swim	6	300/275/250	4:00	1-4 descend		1800
				5 smooth		1650
				6 all out		1500
		Time for set	24:00			
Cool down	1	100		EZ		100
		Time for set	2:00			
		Total time	1:26:00			
						4700
						4550
Coach: Nenad Rodic						**4400**

				Friday January 28, 2022		
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up	1	100	Rest 15"	Superform		
	1	50	Rest 10"	Kick flutter		
	1	100	Rest 15"	Distance per stroke		
	1	50	Rest 10"	Kick flutter		
	1	100	Rest 15"	Quick turns		
	1	50	Rest 10"	Kick flutter		900
	1	100	Rest 15"	2nd 50 extra kick		
	1	50	Rest 10"	Kick flutter, 1st 25 dolphin off walls		
	1	100	Rest 15"	Build		
	1	50	Rest 10"	Kick flutter, 1st 25 dolphin off walls		
	1	100	Rest 15"	Strong		
	1	50	Rest 10"	Kick flutter, 1st 25 dolphin off walls		
		Time for set	20:00			
Swim	3	50	1:00	Breath every 3rd stroke		
			:55	1st 25 strong	X4	600
			:50	2nd 25 strong		
		Time for set	11:00			
Swim	3	100	1:35	1. Long & smooth		
				2. Quick turns		
				3. Build by 25	X3	1500
			Rest 15"			
	1	200	3:00	75 moderate, 75 build, 50 strong		
		Time for set	24:00			
Pull or swim	3	125	2:05	1. Last 25 stronger		
			2:00	2. Last 50 stronger	X4	1500
			1:55	3. Last 75 stronger		
		Time for set	20:00			
Cool down	2	50	1:00	Breath every 3-5 strokes		100
				EZ		
		Time for set	2:00			
		Total time	1:17:00			**4600**
Coach: Steve Lintz						

Saturday January 29, 2022						
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up	1	300	not specified	50 free, 25 reverse IM order		
	2	150	not specified	Kick/drill/swim by 50		900
	3	100	not specified	1. free, 2. choice, 3. IM		
		Time for set	18:00			
Swim		25	25"	Fast		
		25	35"	EZ	X12	
		50	:55	Fast		1800
		50	1:05	EZ		
		Time for set	36:00			
Pull or swim	2	125/100/75	1:35	Free		2250
	2	125/100/75	1:30	Free	X3	1800
	2	125/100/75	1:25	Free		1350
			Rest 1:00			
		Time for set	30:00			
		Total time	1:24:00			
						4950
						4500
Coach: Nenad Rodic						**4050**

				Monday January 31, 2022		
Activity	**Count**	**Distance**	**Interval**	**Stroke**	**Repeat**	**Distance per set**
Warm up		100's		75 swim, rest 5"/25 kick, rest 10"		
	1	100		Superform/flutter		
	1	100		Drill, swim, drill x25/dolphin		600
	1	100		Quick turns/flutter		
	1	100		2nd 50 stronger/dolphin		
	1	100		1st 50 non-free/flutter		
	1	100		Breath x3/dolphin		
		Time for set	12:00			
Swim	4	50	1:05	Breath x3 recovery		
			1:00	2nd 50 extra kick	X4	800
			55"	2nd 25 strong		
			50"	All strong		
		Time for set	15:20			
Swim	4	50	1:00	1. smooth, 2. 1st 25 strong		
				3. 2nd 25 strong, 4. all strong	X3	
	4	75	1:15	1. last 25 extra kick, 2. quick turns		1500
				3. 1st 50 fast, 4. last 50 fast		
		Time for set	27:00			
Pull or Swim	1	75	1:15	1. Smooth		
	1	100	1:30	2. Build	X4	1200
	1	125	2:00			
		Time for set	16:30			
Cool down	6	50	1:00	Odd breath x3		300
				Even choice		
		Time for set	6:00			
		Total time	1:24:50			
Coach: Steve Lintz						**4400**