

Warmup Mon., October 27

24,20 18 x 25

- Right arm free breathe left
- Left arm free breathe right
- Slow motion arms, fast K free
- Breast or fly
- Back > 5U dolphins
- Back, breast or fly

Back 4 x 4 x 25 on 35 mild aerobic

- Side lateral K (slk)
- Switching L drill
- 7-5-7 (7 slk, 5 strokes, etc.)
- Whole stroke (shoulder breakout)

Directly into 8 x 50 back on 65 (3 on/1 off)

Stress aerobic: 20 x 100 on 1:40 50 free/50  
back fast (B: 18x on 1:50, C: 20x 75- 1:40)  
Tell coach your average for 20

Short axis

- 2 x 6 x 25 on 40 fly as right arm, eddie reese, whole stroke, left arm, eddie reese, whole stroke
- 8 x 25 on 40 4 K fly: whole stroke plus 2 pulses
- 6x 25 on 40 breast K (board, hand K or streamline)
- 6x 25 on 40 breast 2 up/2 down (down is pull and K)
- 4 x 50 whole stroke breast on 70

ATP: 8 x 15 on 70 shallow end free: side by side, deep end blocks non-free

Mild aerobic free 4x 4 x 25 on 35

Flutter on side, stop,stop,switch, triple switch, free breathe weak side, directly into 6 x 50 free on 65 (2 on/1 off)

Starts and turns

Mini drylands

## Warmup Tue., October 28

24,20, 18 x 25

- Underwater recovery free
- $\frac{3}{4}$  catchup free
- Free breathe weak side
- Breast or fly
- 3-3 Backstroke
- Back, breast or fly

### medley set:

- 10 x 25 on 40 3-3/x fly:
- 6 x 25 on 40 fly
- 10 x 25 on 40 breast 2 or 3 K/1 pull
- 6 x 25 breast on 40
- 12 x 25 on 35 odds: back switching L;  
evens: back 10-3-10 (10 side lateral Ks,  
3 strokes, etc.)
- 6 x 50 back on 65 (2 on/1 off)

Focus set: 10 x 100 back on 1:45 or 9x  
broken 100 breast or fly on 2:05 C; 14 x 50  
non-free on 80 fast

Kick: 400 yards social K on 9 minutes, then  
6 x 50 on 70 faster (10 seconds apart)

Pulling: 25's on 40 as 4x:  
3 x 25 free (< 20 seconds)  
2 x 25 back(<22 seconds)  
2 x 25 breast or fly

Starts and turns

Mini drylands    Extra credit

## Warmup Wed., October 29

24,20 18 x 25

- shark fin (pick your pocket, hold high elbow for 3 count)
- $\frac{3}{4}$  catchup free (snap your hips)
- Breast (7spl) or fly (8 spl)
- Back switching L (complete switch before hand enters water)
- Back 3-3
- Back, breast or fly

M. aerobic long axis 3x 8 x 25 on 35

- Right arm free breathe left
- Left arm free breathe right
- Fist free alternate breathe
- Free alternate breathe
- Switching L drill
- 7-5-7 (7 side lateral K, 5 strokes)
- 2x back more U on #2

Directly into 12 x 50 on 55 free/back  
12 strokes on free, 11 strokes on back  
(c: 10 x on 65)

Stress set: 10 x 100 free on 1:30 fast C:8 x  
75 free on 1:30 fast  
Tell coaches your average

Breast 25's on 40 as: 3x  
2x K with board, 2x goggles breast  
Then, 4x 3 K/1 pull, 2 K/ 1 pull, whole  
stroke

Fly 20 x 25 on 40 as 10x  
Dolphin K on side ( K equally in both  
directions), whole stroke

Medley set: 7x 3 x 25 as 25 fly on 40, 25  
back on 40, 25 breast on 50  
Good quality fly

Starts and turns

Mini drylands    Extra credit

## Warmup Thu., October 30

24,20,18 x 25

- Right arm free breathe left
- Left arm free breathe right
- Free breathe every 5
- Breast (7 spl) or fly (8 spl)
- Double arm Back
- Back, Breast or fly

8 x 25 on 40 eddie reese dolphin on back

Directly into 8 x 25 K with board on 30

10 x 15 ATP K on 60 **superfast**

16 x 25 on 40 pull IM order

10 x 15 stroke pull on 60 **superfast**

Preset: mild aerobic non-free

Same stroke as main set 6x 3 x 25 on 35

25 streamline K/25 drill/ 25 swim

Butterflyers may do K/drill/drill

Focus set: 17 x 50 back on 55 or 15 x 50

breast or fly on 65 C: 12 x broken 50 non-

free on 80 as 25 non-free/10 seconds/25  
fast

Mild aerobic medley 2x

4 x 25 fly on 40

2 x 50 back on 90

4 x 25 breast on 40

2 x 50 on 90, breast/free, free, or free/back

Lane line cheers

Starts and turns

Mini drylands    Extra credit

Warmup Fri., October 31

48,40,36 x 25

- Stop, stop switch
- $\frac{3}{4}$  catchup free (snap your hips)
- $\frac{1}{4}$  pull Breast or fly
- Back switching L drill
- Back > 5U dolphins
- Back (11 spl), Breast (7spl) or fly (8spl)

16 x 50 on 55 mild aerobic free/back  
(B:15x on 60, C: 13x on 70)

Stroke lanes session #1

Stroke lanes session#2

Focus set: 6 x 50 anerobic on 2:20-3:00

Fast odds: free evens: non-free

Starts and turns

Mini drylands    Extra credit

Warmup Mon., Nov. 3

24,20,18 x 25

- Underwater recovery free
- $\frac{3}{4}$  catchup free (snap hips)
- Breast (7 spl) or fly (8 spl)
- Back switching L drill
- 3-3 Back > 5 U dolphins
- Breast (7 spl) or fly (8 spl)

Back 4 x 4 x 25 on 35 mild aerobic

- L drill
- Switching L drill (6 switches)
- Back 3-3
- Whole stroke (shoulder breakout)

Directly into 9 x 50 back on 60 (2 on/1 off)  
(B and C 8x on 65)

Stress aerobic: 20 x 100 on 1:40 50 free/50  
back (B: 18x on 1:50, C: 20 x 75 on 1:40)  
fast

Tell coach your average

Short axis mild aerobic

- 16x 25 on 40 odds: straight arm recovery free into 3 strokes fly evens: whole stroke fly (8 spl)
- 16 x 25 on 40 odds: 2 up/ 2 down breast (down is K) evens: 2 up/2 down breast (down is Pull)

ATP: 10 x 15 on 70 shallow end free: side by side, deep end blocks non-free

Mild aerobic free 3x 4 x 25 on 35

Right arm breathe right, left arm breathe left, 3-3-3, whole stroke directly into 12 x 50 on 60 ( 2 on/1 off) free, free/back, or back

Mini drylands

Warmup Tue., November 4

24 x 25 on 30 as (b: 14/6 on 35, C: 12/6 on 40)

12 x 25 free/back pull

6 x 25 free/back swim

Then 12 x 25 pull on 40 IM order

medley set:

- 16 x 25 on 40 odds:3-3/x fly; evens: whole stroke fly
- 16 x 25 on 40 breast odds:2 or 3 K/1 pull, evens whole stroke
- 12 x 25 on 35 odds: side lateral K; evens: back 7-5-7 (7 side lateral Ks, 5 strokes, etc.)
- 8 x 50 back on 65 (2 on/1 off)

Focus set: 12 x 100 back on 1:45 or 10x broken 100 breast or fly on 2:05 C:15 x 50 on 80 non-free (back, breast, fly or one arm fly) fast Give coach your average

Kick: 400 yards social K on 9 minutes,

then breaststrokes 4 x 75 on 2:00 try to  
achieve 100 breast time

or 7 x 50 on 70 freestyle, 9 Kicks off each  
wall

or backstrokes 7 x 50 on 70 7 kicks off  
each wall 4 strokes back, then switch to  
free

Starts and turns

Mini drylands Extra credit

Sign up for Friday timetrial

## Warmup Wed., November 5

24, 20, 18 x 25

- shark fin (pick your pocket, hold high elbow for 3 count)
- $\frac{3}{4}$  catchup free (snap your hips)
- Breast (7spl) or fly (8 spl)
- 2x 4 strokes back / 3 strokes free (don't breathe on free-eyes down)
- Back (11spl), breast (7 spl) or fly (8spl)

M. aerobic long axis 3x 8 x 25 on 35

- Flutter on side
- 2 x stop, stop, switch
- Free 13 arm strokes or less
- Right arm back
- Left arm back
- Back 3-3
- back 12 arm strokes or less

Directly into 13 x 50 on 55 free/back  
13 strokes on free, 12 strokes on back  
(B: 12x on 60, C:11x on 65)

Stress set: 10x 100 free on 1:30 fast  
B: 9x on 1:40, C: 10x 75 on 1:30)

Breast 25's on 40 as: 6x  
2x 2K/1 pull drill  
1x whole stroke shrug shoulders and lunge  
forward

Fly 16 x 25 on 45 as 8x  
5 strokes and run  
Whole stroke (8 spl)

Medley set: 3x as 25's 2x fly, 3x back,  
2x breast, 3x free  
Good quality fly and breast

Mini drylands Extra credit

## Warmup Thu., November 6

14, 20, 18 x 25

- 3-3-3 free
- free breathe weak side
- Breast (7 spl) or fly (8 spl)
- 3-3 back
- Back > 5U dolphins
- Breast (7 spl) or fly (8 spl)

16x 25 on 35 active K free/back 5 to 12 spl

10 x 15 ATP K on 60 **superfast**

8 x 50 on 70 pull primary stroke(s)

10 x 15 stroke pull on 60 **superfast**

Preset: mild aerobic non-free

Main set stroke: 9x broken 50 on 70

25 drill or K/10 seconds/ 25 swim

Butterflyers may do K or drill/10sec./drill

Focus set: 18 x 50 back on 55 or 16x 50

breast or fly on 65 C:12 x broken 50 non-

free on 80 as 25 swim/10 seconds/25 swim  
fast

Mild aerobic medley 2x

4 x 25 fly on 40

50 back on 90

Back/breast on 90

4 x 25 breast on 40

Breast/free on 90

50 free on 90

Lane line cheers

Starts and turns

Mini drylands    Extra credit

Warmup Fri., November 7

24, 20, 18 x 25

- Full catchup free
- $\frac{3}{4}$  catchup free (snap your hips)
- $\frac{1}{4}$  pull Breast or 4 Kick fly
- Back switching L drill
- Back > 5U dolphins
- Back (11 spl), Breast (7spl) or fly (8spl)

Free mild aerobic 4 x 4 x 25 on 35

- Flutter on side
- 2x stop, stop, switch
- $\frac{3}{4}$  catchup (snap hips)

Directly into 8 x 50 free on 70 7U off each wall

Fly mild aerobic 24 x 25 on 40 as 12x

Straight arm recovery free into 3 strokes fly; 4 kick fly (stroke plus two hand lead body dolphins)

Breast mild aerobic 18 x 25 on 6x  
2 up/2 down (down is K)  
2 up/2 down (down is pull)  
Whole stroke (anchor, slide hips forward)  
Directly into 3 x 50 breast on 70

Back mild aerobic 4 x 4 x 25 on 35

- Side lateral K
- 2 x switching L drill (6 switches/25)
- Whole stroke > 5 U dolphins

Directly into 8 x 50 back on 70 5U off  
each wall

Focus set: 6 x 50 anerobic on 2:20-3:00  
**Fast** free, non-free, choice, K, non-free, fr.  
Record your 6 times on clip boards

Kayak drill

Mini drylands    Extra credit

Warmup Mon., Nov. 10

24, 20, 18 x 25

- Right arm free breathe left
- Left arm free breathe right
- Slow motion arms, fast K free
- Breast (7 spl) or fly (8 spl)
- 3-3 Back > 5 U dolphins
- Breast (7 spl) or fly (8 spl)

Back 3 x 4 x 25 on 35 mild aerobic

- L drill
- 2x Switching L drill (6 switches)
- Whole stroke (shoulder breakout)

Directly into 12 x 50 back on 70 5U off  
each wall

Stress aerobic: 20 x 100 on 1:40 25 free/50  
back fast (B: 18 x on 1:50, C: 20 x 75-  
1:40)

Short axis mild aerobic

- 16x 25 on 40 odds: 3/3/x fly  
evens: whole stroke fly (8 spl)
- 16 x 25 on 40 odds: 2 or 3K/ 1 pull  
breast evens: whole stroke breast  
lunge forward

ATP: 8 x 15 on 70 shallow end free:  
side by side, deep end blocks non-free

Mild aerobic free 3x 4 x 25 on 35  
2 x stop, stop, switch, triple switch,  
whole stroke  
directly into 12 x 50 on 60 (2 on/1 off)  
free, free/back, or back

Mini drylands

Warmup Tue., November 11

24, 20, 18 x 25 as

14(12,12) x 25 free/back pull

8 (6,6) x 25 free/back swim

Then 6 x 50 pull on 70 fly/free,  
breast/free or 50 back

medley set:

- 10 x 25 on 45 whole stroke fly
- 16 x 25 on 40 breast as 4x 2x tennis ball, 2x no tennis ball (eyes looking down)
- 16 x 25 on 35 odds: as 4x L drill, switching L drill, whole stroke, whole stroke more U dolphins

Focus set: 20 x 50 back on 55 or 17 x 50  
breast or fly on 65 C:15 x broken 50 non-  
free as 25 swim/10 seconds/25 swim  
fast

Mild aerobic medley 7 x 4 x 25  
free on 30 (14spl)  
Back on 35 (11 spl)  
Breast on 30 (7 spl)  
Free on 35 (14 spl)

Focus kick set  
12 x 50 K on 70 time goals  
Breast and flutter with board  
Dolphin- no board

Starts and turns

Mini drylands    Extra credit

## Warmup Wed., November 12

24, 20, 18 x 25 first day of practice

- shark fin (pick your pocket, hold high elbow for 3 count)
- $\frac{3}{4}$  catchup free (snap your hips)
- Breast (7spl) or fly (8 spl)
- 2x 3-3 backstroke
- Back (11spl), breast (7 spl) or fly (8spl)

M. aerobic long axis 3x 8 x 25 on 35

- Flutter K on side
- 2x shark fin
- Free 13 arm strokes or less
- Side lateral Back K
- 2x switching L drill
- back 12 arm strokes or less

Directly into 11 x 50 on 70 free/back  
13 strokes on free, 12 strokes on back

Stress set: 12x 100 free on 1:30 fast  
(B: 11x on 1:40, C: 12x on 75 on 1:30)

Tell coaches your average

Breast 25's on 40 as: 6x  
2x 2up/ 2 down (down is K)  
1x whole stroke shrug shoulders and  
squeeze arms on insweep

Fly 16 x 25 on 40 as 8x  
Straight arm recovery free into 3 strokes fly  
Whole stroke (8 spl)

Medley set: as 2x 25's on 35,50's on 60  
4x 25 fly,50 fly/back, 50 back, 50  
back/breast, 4 x 25 breast, breast/free  
Good quality fly and breast

Turns/ underwater/starts

Mini drylands Extra credit

Warmup Thu., November 13  
24, 20, 18 x 25

- stop, stop switch free
- free breathe weak side
- Breast (7 spl) or fly (8 spl)
- 3-3 back
- Back first 6 strokes are spin drill
- Breast (7 spl) or fly (8 spl)

8 x 50 on 70 specialty K

8 x 15 ATP K on 60 **superfast**

16 x 25 on 40 pull IM order

8 x 15 stroke pull on 60 **superfast**

Preset: mild aerobic non-free

Same stroke as main set 6x 3 x 25 on 35

25 streamline K/25 drill/ 25 swim

Butterflyers may do K/drill/drill

Focus set: 13 x 100 back on 1:45 or 11 x  
broken 100 breast or fly on 2:05 C:17 x 50  
non-free on 80 fast

Mild aerobic medley 2x

4 x 25 fly on 40

3 x 50 back on 75 3 kicks off each wall

4 x 25 breast on 40

3 x 50 on 75 free 5 kicks off each wall

Lane line cheers

Starts and turns

Mini drylands    Extra credit

Warmup Fri., November 14

24, 20, 18 x 25

- Fist free
- $\frac{3}{4}$  catchup free (snap your hips)
- $\frac{1}{4}$  pull Breast
- Fist back
- Back > 5U dolphins
- 4 kick fly

Free mild aerobic 3 x 4 x 25 on 35

- Flutter on side
- 2x stop, stop, switch
- $\frac{3}{4}$  catchup (snap hips)

Directly into 4 x 50 free on 60 7U off each wall

Fly mild aerobic 24 x 25 on 40 as 12x

Odds: 3/3/x evens: whole stroke (8 spl)

Breast mild aerobic 12 x 25 on 40 as 4x

3 kick/1 pull, 2 kick/ 1 pull, whole stroke

Whole stroke (anchor, slide hips forward)  
Directly into 4 x 50 breast on 70

Back mild aerobic 3 x 4 x 25 on 35

- L drill
- 2 x switching L drill (6 switches/25)
- Whole stroke > 5 U dolphins

Directly into 4 x 50 back on 65 5U off  
each wall

**Timetrial** 1 swim from the blocks either  
200 fr, 200IM or 100 of a stroke

Focus set: 4 x 50 anerobic on 2:20-3:00  
free, non-free, free, non-free shallow end.

Kayak drill, torpedo K, partner drills  
Mini drylands Extra credit

Warmup Mon., Nov. 17

24, 20, 18 x 25

- Right arm free breathe left
- Left arm free breathe right
- Breast (7 spl) or fly (8 spl)
- 2x 4 strokes back/3 strokes free, switch strokes from hips, no breathe on free
- Breast (7 spl) or fly (8 spl)

Back 3 x 4 x 25 on 35 mild aerobic

- Side lateral kick (slk)
- 10-3-10 (10 slk's, 3 strokes etc.)
- 7-5-7
- Whole stroke (>5 U dolphins)

Directly into 14 x 50 back on 55 5U off each wall (B: 12x on 65, C: 11x on 70)

Stress aerobic: 20x 100 on 1:40 50

free/50 back fast (B: 18x on 1:50, C: 20x 75 on 1:40)

fast

Short axis mild aerobic

- 16x 25 on 40 odds: > 7 underwater dolphins plus 3 quality strokes fly evens: whole stroke fly (8 spl)
- 16 x 25 on 40 as 4x 2x tennis ball, 2x no tennis ball, eyes down on recovery and on breathing

ATP: 8 x 15 on 70 shallow end free: side by side, deep end blocks non-free

Mild aerobic free 2x 4 x 25 on 35

Right arm free breathe left, left arm free breathe right, 2 x  $\frac{3}{4}$  catchup (snap hips) directly into 11 x 50 on 70 (5U off each wall) free, free/back, or back

Mini drylands

Warmup Tue., November 18  
24, 20, 18 x 25  
16, 12, 12 x 25 free/back pull  
8, 8, 6 x 25 free/back swim

Pulling 25's on 40 as 2x:  
3 x 25 free (<19 seconds)  
2 x 25 back (<21 seconds)  
2 x breast or fly

medley set:

- 14 x 25 on 40 as 7x: odds: 3/3/x fly, evens: whole stroke fly
- 16 x 25 on 40 breast as 8x odds: 2up/2 down (down is K) evens: goggles breast
- 16 x 25 on 35 back : as 4x right arm, left arm, switching L drill, whole stroke,

Focus set: 20 x 50 back on 55 or 17 x 50  
breast or fly on 65 C:15 x broken 50 on 70

non-free 25 swim/10 seconds/25 swim  
fast

Mild aerobic medley 3 x 4 x 50 on 60

As 3x

Fly /back

50 back

Back/breast

Breast/free

Focus kick set

14 x 50 K on 70 time goals

Breast and flutter with board

Dolphin- no board

Starts and turns

Mini drylands    Extra credit

## Warmup Wed., November 19

24, 20, 18 x 25

- 2 x freestyle 3-3-3 (3 right arm, 3 to crossover, 3 left arm)
- Freestyle breathe every 5
- Breast (7spl) or fly (8 spl)
- 3-3 backstroke
- Back (11spl), breast (7 spl) or fly (8spl)

M. aerobic long axis 3x 8 x 25 on 35

- Flutter K on side
- 2x stop, stop switch
- Free breathe every 5
- L drill
- switching L drill
- 2x back with >5 U dolphins

Directly into 14 x 50 on 55 free/back  
13 strokes on free, 12 strokes on back  
(B: 13x on 60, C; 11x on 70)

Stress set: 13x 100 free on 1:30 fast  
(B: 12x on 1:40, C; 13 x 75 on 1:30)

Breast 25's on 40 as: 4x  
2x K with board  
2x whole stroke shrug shoulders and  
squeeze arms on insweep

Fly 16 x 25 on 40 as 8x  
Eddie Reese dolphin drill  
Whole stroke (8 spl)

Medley set: as 2x 25's on 45, 50's on 75  
3x 25 fly, 2x 50 back, 3 x 25 breast, 1x  
breast/free  
Good quality fly and breast

Turns/ underwater/starts

Mini drylands Extra credit

## C Group Warmup Fri., November 28 24, 20, 18 x 25

- Underwater recovery free
- $\frac{3}{4}$  catchup free (snap your hips)
- Fly or  $\frac{1}{4}$  pull Breast
- Double arm backstroke
- 3-3 Back
- Non free choice

mild aerobic 16 x broken 50 on 65 as 4x

- Eddie reese dolphin/10 sec/ fly
- Side lateral back K/10 sec./back
- $\frac{1}{4}$  pull breast/10 sec//breast
- flutterK on side/10 sec./free

medley stress set: 12 x 100 IM on 1:45  
( B: 11x on 1:50, C: 9x on 2:10) fast

Fly mild aerobic 24 x 25 on 40 as 12x  
Odds: hand lead body dolphin evens:  
whole stroke (8 spl)

Breast mild aerobic 16 x 25 on 40 as 4x  
2x tennis ball, 2 x no tennis ball (shrug  
shoulders- eyes down)  
Directly into 3 x 50 breast on 70

Back mild aerobic 3 x 4 x 25 on 35

- L drill
- 2 x switching L drill (6 switches/25)
- Whole stroke > 5 U dolphins

Directly into 4 x 50 back on 65 5U off  
each wall

**Focus set:** 4 x 50 anerobic on 3:00 or  
more free, non-free, last three are primary  
stroke.

Warmup Mon., Dec. 1

24, 20, 18 x 25

- Right arm free breathe left
- Left arm free breathe right
- Free breathe weak side
- Breast (7 spl) or fly (8 spl)
- 3-3 back
- Back (11spl), Breast (7 spl) or fly (8 spl)

**Directly into (no break) Back 2 x 4 x 25**  
on 35 mild aerobic

- Side lateral kick (slk)
- 10-3-10 (10 slk's, 3 strokes etc.)
- 7-5-7
- Whole stroke (>5 U dolphins)

**Directly into 5 x 50 back on 70 5U off**  
each wall

Stress aerobic: 20x 100 on 1:40 50

free/50 back fast (B; 18x on 1:50, C:20 x  
75 on 1:40)

Tell coach your average

Recovery Kick 8 x 50 on 65 board  
optional

ATP K 4 x 15 meters on 60 **fast**

Mild aerobic pull 8 x 50 on 65

ATP pull 4 x 15 meters on 60 **fast**

Long axis stress:

15 x 50 on 55 25 free/25 back time goals  
(B: 14x on 60, C; 11x on 70)

Short axis mild aerobic recovery 25's  
on 35

- 10 x 25 fly odds: 3/3/3 fly, evens whole stroke, **directly into**
- 10 x 25 breast odds: 2K/ 1 pull, evens whole stroke (shrug shoulders on insweep)

Relay starts

Mini drylands

A Group Warmup Tue., December 2  
24, 20, 18 x 25  
16, 14, 12 x 25 free/back pull with strap  
8, 6, 6 x 25 free/back swim no strap

Then 4 x 15 ATP pull on 60 **fast**

Preset: mild aerobic non-free  
Same stroke as main set 7x 3 x 25 on 40  
25 streamline K/25 drill/ 25 swim  
Butterflyers may do K/drill/drill

**Focus set:** 14 x 100 back on 1:40 or 12x  
broken 100 breast or fly on 2:00, fast  
tell coaches your average (C: 20 x 50 non-  
free on 80)

Back mild aerobic 3 x 4 x 25 on 35

- L drill
- 2 x switching L drill (6 switches/25)
- Whole stroke > 5 U dolphins

Directly into 6 x 50 back on 65 5U off  
each wall

Fly mild aerobic: 16 x 25 on 40 odds:3-3/x  
fly; evens: whole stroke fly

Breast mild aerobic 16 x 25 on 40 Odds: 2  
up/2 down (down is K), evens whole stroke  
Directly into 4 x 50 breast on 70 (full  
extension in front, eyes down)

Focus set: 4 x 50 anerobic 5:00 or more  
first three are primary stroke, #4 is free  
fast blocks Give coach your 4 times

Finishes, Relay Starts and turns

Mini drylands Extra credit

## Warmup Wed., December 3 24, 20 18 x 25

- Stop. Stop. Switch free
- fist free
- Fly or  $\frac{1}{4}$  pull Breast
- Back switching L drill
- fist Back
- Non free choice

mild aerobic preset: 3x 5 x 50 on 65 as  
distance/stroke:  
fly/back, 50 back, back/breast, breast/free,  
free/back

medley stress set: 11 x 100 IM on 1:40 (B:  
10x on 1:50, C: 8x on 2:10)  
**fast** tell coaches your average (broken if  
necessary)

mild aerobic kick: 9 x 50 on 70, eddie reese  
dolphin, stick (max 4 arm strokes/25) or

breast 6 x 75 on 1:50- faster than 100 breast time

**ATP K** 4 x 15 meters on 60 fast

Breast mild aerobic 16 x 25 on 40 as 4x  
2x tennis ball, 2 x no tennis ball (shrug  
shoulders- eyes down)

Directly into 6 x 50 breast on 70 (10  
seconds apart)

Fly mild aerobic: 20 x 25

Odds: straight arm recovery free into 3  
strokes fly on 40, evens: whole stroke fly  
on 30 (8 spl)

Finishes, Relay Starts and turns

Mini drylands

# Warmup Thur., December 4

## 24, 20, 18 x 25

- shark fin free
- $\frac{3}{4}$  catchup free
- Fly (8 spl) or Breast (7spl)
- 3-3 back
- Back > 5 U dolphins
- Fly (8 spl) or Breast (7spl)

### medley set:

- 18 x 25 on 40 as 9x: odds: eddie reese dolphin K on back, evens: whole stroke fly
- 24 x 25 on 40 breast as 4x: 2x: 2up/2 down (down is K) 2x: 2 up/ 2 down (down is pull) 2x 2up/2 down (pull and K)
- 20 x 25 on 35 back : as 4x side lateral K, 2x 3-3, whole stroke,

Focus set: 17 x 50 back on 55 14 x 50  
breast or fly on 65 C:12 x 50 back or  
breast on 80 fast

Mild aerobic medley 5 x 4 x 25 as:

Fly on 30 (8 spl)

Back on 40 (11 spl)

Breast on 30 (7 spl)

Free on 40 (12 spl)

Underwater set: 10 x 50 on 70

Free/back (7U), fly/free (blue line/7U)

Breast/free (double pullout/7U), free (7)

3 x timed start to blue line

Saturday practice:

3 x 4 x 25 on 35

- Flutter on side
- Stop, stop, switch
- $\frac{3}{4}$  catchup
- whole stroke free, breathe weak side

directly into 9 x 50 Spencer drill on 70  
>5U, 4 strokes back, remainder of 25 is  
free

**Main set:** 20 x broken 75 25 breast or fly  
on 30, 50 free/back on 60

**ATP** 10 x15 on 60 15U dolphin, flutter  
or streamline breast K

**Medley set:** 2x

- 6 x 25 fly on 40
- 3x 50 back on 60 (5U)
- 3 x 50 back/ breast on 60
- 6 x 25 breast on 40
- 3 x 50 breast/free on 60

Warmup Mon., Dec. 8

24, 20, 18 x 25

- Right arm free breathe left
- Left arm free breathe right
- Free breathe weak side
- Breast (7 spl) or fly (8 spl)
- 3-3 back
- Back (11spl), Breast (7 spl) or fly (8 spl)

**Directly into (no break) Back 2 x 4 x 25**  
on 35 mild aerobic

- Side lateral kick (slk)
- 2 x switching L drill (max 3 switch/25)
- Whole stroke (>5 U dolphins)

**Directly into 4 x 50 back on 65 5U off**  
each wall

Stress aerobic: 17 x 100 50 free/50 back on  
1:40, B: 15x on 1:50 C: 17x 75 on 1:40 25  
free/50 back fast

Recovery Kick 7 x 50 on 65 board  
optional

ATP K 4 x 15 meters on 60 **fast**

Mild aerobic pull 7 x 50 on 65

ATP pull 4 x 15 meters on 60 **fast**

Stress medley: 6 x 100 IM on 1:45, B: 6x  
on 1:50, C: 5 x 100 IM on 2:10

Fast

Short axis mild aerobic recovery 25's  
on 35

- 10 x 25 breast odds: 2up/2 down  
(down is K), evens: whole stroke  
(shrug shoulders on insweep)
- 10 x 25 fly odds: 3/3/3 fly, evens  
whole stroke,

Starts and turns

Mini drylands

Warmup Tue., December 9

24, 20, 18 x 25 :

- 2x shark fin free
- fly (8 spl) or ¼ pull breast
- 3-3 back
- Back with 7 U dolphins
- Breast (7 spl) or fly (8 spl)

Preset: mild aerobic non-free

Same stroke as main set: 10 x broken 50 on 65

Switching L drill/ 10 seconds/ back workU

Breast pull with flutterK/ 10 sec./ breast

3/3/3 fly/ 10 sec/ straight arm recovery free into 3 strokes of fly

**Focus set:** 12 x 100 back on 1:40 or 10 x broken 100 breast or fly on 2:00 C:15 x 50 back or breast on 80 fast

Back mild aerobic 3 x 4 x 25 on 35

- Side lateral K
- 2 x 10-3-10 backstroke
- Whole stroke > 5 U dolphins

Directly into 4 x 50 back on 65 5U off each wall

Fly mild aerobic: 16 x 25 on 40 odds: stone skipper (underwater recovery); evens: whole stroke fly

Breast mild aerobic 12 x 25 on 40 Odds:3 kick/ 1 pull drill; evens: whole stroke  
Directly into 4 x 50 breast on 70 (full extension in front, eyes down)

Focus set: 4 x 50 anerobic 5:00 or more  
first three are primary stroke, #4 is free fast blocks Give coach your 4 times

Starts and turns

Extra credit

## Warmup Wed., December 10

24, 20, 18 x 25

- Underwater recovery free
- $\frac{3}{4}$  catchup free
- Breast (7 spl) or fly (8 spl)
- Switching L drill (max 6 switches)
- Back >5 U dolphins
- Back (11spl), Breast (7 spl) or fly (8 spl)

### Medley Set:

- 16 x 25 on 40 odds; eddie reese dolphin drill, evens: fly (8spl)
- 16 x 25 on 40 odds: 2 up/2 down (down is K) evens: goggles drill
- 16 x 25 on 35 back as right arm, left arm, switching 1 drill, whole stroke

**Focus set:** 14 x 50 back on 55 or 11 x 50 breast or fly on 65 C: 10 x broken 50 non-free on 80 25 swim/ 10 seconds/25 swim  
Fast

Recovery mild aerobic medley:

2 x (25's on 40, 50's on 80)

4 x 25 Fly on 40

Fly/back

50 back

Back/breast

4 x 25 breast on 40

2x Breast/free (descend 1-2)

Starts and turns

Mini drylands

Warmup Friday., Dec. 12

24, 20, 18 x 25

- 2 x  $\frac{3}{4}$  catchup free (snap hips)
- Breast (7 spl) or fly (8 spl)
- Right arm back
- Left arm back
- Breast (7 spl) or fly (8 spl)

**Directly into (no break) Back 2 x 4 x 25**  
on 35 mild aerobic

- Side lateral kick
- Right arm
- Left arm
- Whole stroke (>5 U dolphins)

**Directly into 4 x 50 back on 65 5U off**  
each wall

Stress aerobic: 15x 100 on 1:45

First 8 are IM, last 7 are 50 free/ 50back

fast . B: 14x on 1:50 7IM, 7 free/back,C:

15 x 75 on 1:45 8 fly/back/breast/ 7

free/back

Recovery medley set:

3 x 4 x 25 right, left, switching L, whole

Directly into 4 x 50 back on 65 7 U

12 x 25 on 40 odds: 2 up/2 down evens:

whole stroke (shrug shoulders on

insweep) Directly into 4 x 50 on 70

16 x 25 fly on 40 odds: 3/3/3 evens:

whole stroke breathe every 2 or 3

Pull set: 3 x 6 x 25 on 40 as 3x

- 3 x 25 free (faster than 19 sec.)
- 2 x 25 back (faster than 21 sec.)
- 1 x 25 breast or fly

Starts and turns

Mini drylands