***Aerobic base training***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 300 | 1 | x | 300 |  |  |  | Free/Back/Kick |
| 300 | 1 | x | 300 |  |  |  | Pull/IM reg / IM rev |
| 300 | 1 | x | 300 |  |  |  | Kick/Pull/Choice |
| 300 | 1 | x | 300 |  |  |  | Desc 50's 1-3 and 4-6 |
| 300 | 1 | x | 300 |  |  |  | Free/Back/Choice |
| 0 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 25 minutes |
| ***1500*** |  |  |  |  |  |  |  |
| Total |  |  |  |  |  |  |  |
|  |  |  |  |  |  | |  | | --- | |  | |  |
| Main Set: |  |  |  |  | Int. | Pace |  |
| 200 | 1 | x | 200 | on | 3:10 | 1:35 | **Breathe by 3 on all 200's** |
| 150 | 1 | x | 150 | on | 2:15 | 1:30 | **Breathe by 3 on all 150's** |
| 100 | 1 | x | 100 | on | 1:25 | 1:25 |  |
| 50 | 1 | x | 50 | on | 0:40 | 1:20 |  |
| 400 | 2 | x | 200 | on | 3:10 | 1:35 | Make the interval  on all of these.  If you miss one,  wait until the next  cycle and continue.  Good Luck! |
| 300 | 2 | x | 150 | on | 2:15 | 1:25 |  |
| 200 | 2 | x | 100 | on | 1:25 | 1:25 |  |
| 100 | 2 | x | 50 | on | 0:40 | 1:20 |  |
| 600 | 3 | x | 200 | on | 3:10 | 1:35 |  |
| 450 | 3 | x | 150 | on | 2:15 | 1:30 |  |
| 300 | 3 | x | 100 | on | 1:25 | 1:25 |  |
| 150 | 3 | x | 50 | on | 0:40 | 1:20 |  |
| 800 | 4 | x | 200 | on | 3:10 | 1:35 |  |
| 600 | 4 | x | 150 | on | 2:15 | 1:30 |  |
| 400 | 4 | x | 100 | on | 1:25 | 1:25 |  |
| 200 | 4 | x | 50 | on | 0:40 | 1:20 |  |
| 1000 | 5 | x | 200 | on | 3:10 | 1:35 |  |
| 750 | 5 | x | 150 | on | 2:15 | 1:30 |  |
| 500 | 5 | x | 100 | on | 1:25 | 1:25 |  |
| 250 | 5 | x | 50 | on | 0:40 | 1:20 |  |
| 200 | 1 | x | 200 | on | 3:10 | 1:35 |  |
| 300 | 2 | x | 150 | on | 2:15 | 1:30 |  |
| 300 | 3 | x | 100 | on | 1:25 | 1:25 |  |
| 200 | 4 | x | 50 | on | 0:40 | 1:20 |  |

*Broken Ladder Set*

25, 25, 50, 25, 50, 75, 25, 50, 75, 100, 25, 50, 75, 100, 125, 25, 50, 75, 100, 125,

150, 25, 50, 75, 100, 125, 150, 175, 25, 50, 75, 100, 125, 150, 175, 200

Interval Times

25 @ 25 30

50 @ 50 – Stk 1:00

75 @ 1:05 1:15

100 @ 1:20 1:40

If this set is easy for you then don’t be afraid to push it! Good technique all the way through

125 @ 1:50 – Stk 2:00

150 @ 2:10 2:20

175 @ 2:30 2:50

200 @ 2:45 stop

***500 for time*** – break into 3 groups with 3 people in each group. Try to beat previous time. (about 25 minutes)

Easy 200 @ 5:00

10 x 100 @ 1:30 – Kick with fins – *last 25 is all out*

5 x 200 @ 2:40 – Pull with paddles – breathe by 5, explode off walls, don’t breathe on BO’s 4200

**Stk Set**

1 x 150 @ 2:30 – 50 stk, 50 fr, 50 stk

4 x 75 @ 1:15 – 50 stk, 25 free

4 x 50 @ 1:00 – all out on turn end

**2 rounds**

**Free Set**

1 x 200 @ 3:00 – descend by 50

3 x 100 @ 1:30 – 75 min/max, 25 sprint

5 x 50 @ 50 – All out on turn end.

**2 rounds**

***Descending 100’s – goal is to stay in as long as you can!***

\*\*Line up by 500 Time.\*\*

First interval is 1:35. You will drop a second each 100

When you are out, get out of your teammates way. When everyone in your lane is out you start into continuous 50’s @ 1:00 – just make backstroke.

Send off times for descending 100’s on running clock

(35, 09, 42, 14, 45, 15, 44, 12, 39, 5, 30, 54, 17, 39, 00, 20, 39, 57, 14, 30, 45, 59, 12, 24, 35, 45, 54, 2, 9, 15, 20, 24, 27, 29, 30, 30)

***Test Set:***

8 x 100 @ 1:30 – Free

R@ 30

Goal of this set is to make each interval and hold a good stroke. Little things like streamline, good turns, and efficient strokes should be emphasized. Try to make this set as easy as possible for yourself by swimming smart.

8 x 75 @ 1:15 – IM with no Free

R @ 30

8 x 50 @ 55 – your main stroke

Lactate Threshold/Aerobic Endurance (talk about the importance of getting times on every swim)

8 x 100 @ 2:00

(hold best 100 time plus 9 seconds) Ex. Best time=50sec then goal time

Is 59)

1 x 200 @ 5:00 – Loosen up

2 x’s through 1st time is free, 2nd time through is stk – no free