

WEEK 10
THIS IS A "FREE" WEEK!!



WORK-OUT OF THE WEEK- USE THE CLOCK; PACE; CIRCLE SWIM LONG LANE

***50 METER LONG LANE**

WARM-UP

200 S
100 K (FINS OPTIONAL)
100 P
(400)

MAIN SET: ALL FREE

2X50 K- 25= NO BRD (front glide position-scutt to lift head for breath, no brd)/ S- 25 R:15
5X100 EASY R :15
4X50 K 25 S/ 25 HEAD OUT ON BREATH VERY 4TH STROKE(TARZAN) R :15
5X100 MODERATE R :20
2X50 S BREATHE EVERY 3 STROKES R:15
5X100 STRONG R :20
(2200)

COOL DOWN

200 CH

TOTAL = 2400

DAY 2 (WEEK 10)

WARM-UP

400 S CHOICE
8X50 25 3-RIGHT ARM, 3-LEFT ARM/ 25 FR BUILD R :20
(800)
R 1:00

MAIN SET ALL FREE

1X400 R :15
2X200 R :15
4X125 R :15
10X50 STRONG R :15-20 TAKE EXTRA 1:00 after 5
(2400)

COOL DOWN

100 CH

100 K

TOTAL = 2600

DAY 3 (WEEK 10)

REPEAT YOUR FAVORITE WORK-OUT FROM WEEK 5- 8

DAY 4 (WEEK 10)

REPEAT DAY 2 (WEEK 10) **GET IN 50 METER LONG LANE**

ADD FINS TO THE 400s

BUILD ON THE 2X200 BY 50s R :30 no fins

DO 4X00 INSTEAD OF 125s (DESCEND) ON THE 4X100 each 100 should be faster than the 1st.LOFO R :30
(Last One Fast One)

