

## WEEK 11

### GROUP WORKOUT OF THE WEEK

FOCUS: HEAD POSITION; CHANGE OF SPEED; ENDURANCE

#### WARM-UP

200 EZ CH

2X50 SGB ALL 50'S W/ FINS \*\*\*HEAD POSITION ON SIDE GLIDES AND DURING BREATHS

2X50 3&G

2X50 5&G

2X50 HAND SWAP

(600)

#### MAIN SET

\*\*FREE LADDER BELOW W/ R:10 MAX AFTER EACH DISTANCE NO FINS!

25 STRONG

50 MODERATE

75 H-E-H (25 hard-25 easy-25 hard)

100 MODERATE

125 as 100 EASY, 25 FAST

150 MODERATE FOCUS ON HEAD POSITION

175 H-E-H-E.....

200 STEADY DRILL ON EVENS (finger drag; 3&g; fist or hand swap)

175 DPS (stroke count) on odds

150 as each of the following distances decrease, speed/intensity increases. HEAD POSITION; LONG REACHES; ROLL

125

100

75

50

25

(2200)

#### COOL DOWN

4X50 CH

4X25 K

**TOTAL = 2500**

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#### DAY 2 (WEEK 11)

WARM-UP

100 EASY CH

#### MAINSET "WATCH THE CLOCK"

SWIM CONTINUOUSLY FOR **20 MINS. R: 5 MINUTES**(RECORD DISTANCE AND HOW YOU FELT)

SWIM CONTINUOUSLY FOR **10 MINS R: 4 MINUTES** AND **REPEAT**. SEE IF YOU CAN MAINTAIN SAME # OF LENGTHS FOR BOTH 10 MIN. SWIMS. (RECORD )

COOL DOWN

100 K

200 CH NOT FR

**TOTAL = 400+ YOUR SWIMS!**

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DAY 3 (WEEK 11) IN 50 METER LONG LANE IF AVAILABLE

WARM-UP

100 S

100 K

100 P

(300)

MAIN SET

500 FR DPS OR DRILL ON EVENS RELAX

2X250 100 FR 25 BR.....

5X100 FR R:20

5X50 PULL R:15

5X50 K W/FINS R:10

(2000)

COOL DOWN

200 CH

**TOTAL = 2500**

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DAY 4 (WEEK 11)

CHOOSE YOUR FAVORITE WORK-OUT SINCE WEEK 8.

ADD FINS TO KICKS.