

## WEEK 12 SELF TEST DAY

GROUP WORKOUT OF THE WEEK \* 50 METER LONG LANE  
FOCUS: PACING; 1 BREATH AT WALL; STREAMLINE; TECHNIQUE- HEAD DOWN

### WARM-UP

100 SWIM  
50 K  
(150)

### MAINSET

1200 SWIM FREE AS MUCH AS POSSIBLE. 1 BREATH AT WALL (try to keep accurate count...use lane line disks)

#### NOTE AND RECORD TIME

IF TIME ALLOWS CONTINUE WITH

2X 75 **HYPOXIC?** Breathe 3-4-5 (BREATHE EVERY 3 STROKES 1<sup>ST</sup> 25; EVERY 4 STROKES 2<sup>ND</sup> 25; EVERY 5 (OR 3) STROKES 3<sup>RD</sup> 25 (arm speed should increase as breaths become less often) or breathe 2-3-4  
10X50 ALT. BR/FR X25 AND BA/ FREE SWIM FR **STRONG WITH GOOD KICK.**  
(1700)

### COOL DOWN

150 CH

**TOTAL = 2150**

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### DAY 2 (WEEK 12) LONG LANE?

#### WARM-UP

200 S  
200 K  
200 P  
(600)

#### MAIN SET

##### REPEAT BELOW SET 3X:

50 BR  
100 FR DPS ON EVENS  
150 FR W/FINS  
200 FR R:05 @ 50 TRY TO MAINTAIN SAME TIME FOR EACH 50. REPEAT SET AS PER DIRECTIONS.  
(2100)

#### COOL DOWN

2X100 FR-IM EASY  
(2300)

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### DAY 3 (WEEK 12)

#### WARM-UP

400 FR (DRILL 4<sup>TH</sup> 25 OF EACH 100)  
(500)

#### MAIN SET

4X75 KICK STREAMLINE W/O BRD. 25 BA, 25FR FACE IN: TARZAN FOR BREATH, 25 BA  
4X75 FR/BR/FR SWIM FR STRONG PACE BILATERAL BREATHE  
4X75 FR BUILD X 25s  
4X75 PULL  
4X75 **HYPOXIC** Breathe 3-4-5 (BREATHE EVERY 3 STROKES 1<sup>ST</sup> 25; EVERY 4 STROKES 2<sup>ND</sup> 25; EVERY 5 (OR 3) STROKES 3<sup>RD</sup> 25 (arm speed should increase as breaths become less often) or breathe 2-3-4  
(2000)

#### COOL DOWN

200 ALT BR SWIM, BA STREAMLINE K, FR SWIM EASY.....  
**TOTAL = 2600**

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DAY 4 (WEEK 12)

WARM-UP

15 MINUTE EASY CONTINUOUS SWIM CHOICE OF STROKE/DRILL/KICK

MAIN SET

15 MINUTE FREE SWIM. RECORD YOUR DISTANCE.

**NOW SWIM THAT DISTANCE AND TIME YOURSELF. CAN YOU SWIM IT IN UNDER 15 MINUTES???**

COOL DOWN

YOUR CHOICE SUPER SWIMMER!!! 😊 :P 😊

TOTAL = YOUR RECORDED DISTANCE!