

## WEEK 13

### GROUP WORKOUT OF THE WEEK

#### WARM-UP

2X200 50 S, 50 K..... R :15 @ 200  
(400)

#### MAINSET

2X SET BELOW AS FREE MODERATE PACE R :10-15 AT EACH DISTANCE:

300

200

100

2X25 K W/ BRD STRONG

200 FR R :20

2X100 FR R :15

3X50 BR/FR W/ TARZAN X 25 R :10

2X75 P FOCUS ON HAND ENTRY, HEAD POSITION, BODY ROLL

2X75 S W/ FINS FOCUS ON BODY POSITION, CORE WORK HEAD POSITION  
(2500)

#### COOL DOWN

100-200 CHOICE EASY

**TOTAL = 2600-2700**

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### DAY 2 (WEEK 13)

#### WARM- UP

100 FR EASY

100 K

100 PULL NO PADDLES

(300)

#### MAIN SET

800 FR W/ DRs. Continuous swim at an easy, steady pace. 1<sup>st</sup> 25 of each 100 drill focus; 4<sup>th</sup> 25  
of each 100 DPS R 4:00- 5:00max

Below WITH FINS (optional):

300 BA/FR R 1:00

50 K R :20

200 FR R :40

50 K R :20

100 FR DR R :20

50 K R 1:00

WITH (PADDLES AND) BUOY EASY, SURGE AND GLIDE/ POPEYE

200 P R :10 @ 100

100 P R :10 @ 50

50 P R :05 @ 25

(1900)

#### COOL DOWN

2X100 CHOICE NOT FR

**TOTAL = 2400**

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DAY 3 (WEEK 13)

**\*50 METER LONG LANE IF AVAILABLE**

WARM-UP

200 S

100 K (FINS OPTIONAL)

100 P

(400)

MAIN SET: ALL FREE

2X50 **K- 25**= NO BRD (front glide position-scull 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 4<sup>TH</sup> 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**

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DAY 4 (WEEK 13)

YOU PICK YOUR FAVORITE WORKOUT FROM WEEKS 6-10

ADD SOME DRILL FOCUS AND 25 SPEED WORKOUTS

MISS ANNIE WILL BE HOME SOON!! <3