

Week 2

GROUP WORKOUT

FOCUS: STROKE COUNT (DPS); DOWNHILL; BODY ROLL; FORWARD SURGE

WARM-UP:

4X25 SW CHOICE R :20

2X25 K W/ BRD

1X25 SGB ½ LENGTH RIGHT-ROLL- ½ LENGTH LEFT

1X25 SGB BODY ROLL

2X25 3&G

2X25 5&G

(250)

MAINSET:

4X50 FR as: 25 LONG GLIDE
25 DPS (count strokes) R : 20-30 between each 50

R :45

4X50 as: 25 FR DPS
25 BACK (roll shoulder to chin) R :20-30

R :30

4X50 as: 25 FR (long glide, downhill) R:20-30
25 K- BACK STREAMLINE

R :20

100 P (Pull) use buoy no paddles; downhill, body roll, forward surge, hand swap

COOL DOWN:

2X50 EASY CHOICE

2X50 K

TOTAL 1150

DAY 2 (Week 2)

REPEAT WARM-UP AND ADD

1X100 as: 25 FR/25 3&G/25 FR/ 25&G R :30-40

MAINSET

1X100 CONTINUOUS FR R: 30-45 AFTER EACH DISTANCE

1X125 alternate 25 S/25 K/25 S/25 K/25/SW

20 BOBS

1X100 as: 75 FR/25 BACK

1X125 alternate S//K/S/K/S

1X100 CONTINUOUS FR

COOL DOWN

8X25 CHOICE EASY

TOTAL=1100

DAY 3 (Week 2)

REPEAT WARM-UP AND ADD

3X100 odd 100s are all FR. Even 100 is as above: 25 FR/25 3&G/25FR/ 25&G

MAINSET

4X125 Odds: all FR. Evens: FR/Choice x 25s

2X150 #1 R :05-:10 @ 25s #2 R :10 @ 50s

COOL DOWN

4X25 CHOICE

TOTAL=1450



DAY 4 (Week 2)

REPEAT THE ABOVE WORK-OUT. Focus on your weaknesses. Relax. Stop when it doesn't feel right!